ВВС

Aggie MacKenzie

My tips to make your kitchen sparkle

# BRAND NEW RECIPES

**MARCH 2015** 

# **Choc full** of Easter treats

- Chocolate & spice hot cross buns
- Cranberry choc chunk cookies
- Cardamom chocolate tart
- Make a stunning Easter egg

#### FREE INSIDE



# Make it special Bank Holiday dishes to share

**MELT-IN-THE-MOUTH Greek lamb** 

**TOM KERRIDGE** 

Ultimate fish pie

**OODLES OF NOODLES!** 

**Authentic Asian flavours** 

**MARY BERRY** 

Favourite lemon drizzle cake



Salted caramel brownies

100% irresistible

Management of the Company of the Com

No more fussy eaters!

Practical tips, simple recipes



The Paleo diet - healthy or hype? Expert advice plus new dishes

Oxford's foodie hotspots

Mother's Day treat: Our top traditional tea shops

# You're

Exclusive lunch at Le Manoir aux **Quat'Saisons** - book your place page 69

£3.99



# Have you gone noseblind?

Febreze truly eliminates odours and leaves a light, fresh scent.



Breathe Happy



## March 2015 Velcome

Hooray! The days are getting longer and brighter, and we're anticipating the first long weekend of the year...

Whatever your plans, this issue is brimful of inspiration for the food in your life. Why not celebrate Easter with a gorgeous Greek-style lunch? Food writer Tonia Buxton grew up

in a traditional Greek family, where Easter is the food celebration

of the year. Her amazing slow-roast lamb with lemons and olives, followed by syrupdrenched rose baklava, is an authentic feast to enjoy with your family – see page 74.

If you want to spruce up your kitchen before friends come over, Aggie MacKenzie is your go-to girl – check out her commonsense tips for a sparkling kitchen on page 66.

Finally, we're delighted to invite you to an exclusive lunch at the legendary Le Manoir aux Quat'Saisons. Why not treat yourself this spring? For more details, see page 69.

Gillian Carter, Editor

Date for your diary

Next month sees the return of our **Spring Good Food Show in Harrogate**. Put the date in your diary now: **10-12 April**. Turn to page 61 to find out who's there and what's on, and to book your tickets.



TOP Eat your eggs a different way this Easter - in a bowl of ramen, p84. RIGHT Holly Brooke-Smith meets food writer Claudia Roden, p124. ABOVE Aggie MacKenzie, p66





#### SUBSCRIBE THIS MONTH

If you take out a subscription to BBC Good Food magazine this month, you'll receive a Stellar stick blender, worth £45. Turn to page 114 for full details of this fantastic offer.

# goodfood

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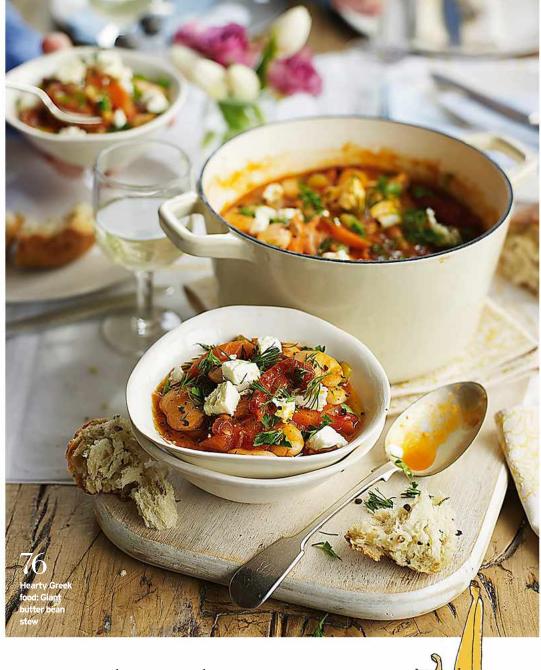
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# Contents March 2015

#### This month's Taste Team

Each month, BBC Good Food readers are the first to cook some of our brand-new recipes before they appear in the magazine. We send them the recipes and pay for the ingredients; they test the dishes at home and give us their verdicts. Read their comments on our recipe pages.



Sarah Hargreaves, from Cheshire, enjoys making tapas and Middle Eastern food for friends. If she needs cheering up, fresh pasta with homemade sauce does the job!



Edward Devine, from Cumbria, loves Worcester sauce, and uses it in all types of cooking - even on bacon sandwiches. His signature dish is slow-braised peppered beef.

Ann Scott is from Cheltenham. Her favourite recipe is for Cornish pasties - her grandma taught her to make them. She uses her 2009 Christmas issue of Good Food every year.

#### Want to be one of our Taste Team testers?

Write to CJ Jackson at the address on page 153 or email CJ at goodfood@immediate.co.uk.

#### In season

Choc stars Six indulgent chocolate desserts and bakes

28 Good eggs

It wouldn't be Easter without them!

Let's eat more... cabbage 36

plus artisan producers

Seasonal & local Veg box challenge, chef Shaun Hill's notebook,

45 Food lovers' weekend in Oxford

### Everyday

- Make it tonight Simple, great-value suppers, - all under £3 per person
- Canny Cook: Fussy kids special Recipes and advice to encourage your child to try new things
- 59 Four new ways with chickpeas

#### Weekend

My Greek Easter feast A three-course menu, ideal for entertaining over the Bank Holiday

**Oodles of noodles** 

Ramen, curry and the perfect Pad Thai - Asian comfort food at its best

- Mum's special tea Celebrate Mother's Day with a glamorous spread, plus our pick of the UK's top tea rooms
- Tom's fish pie

BBC chef Tom Kerridge gives the classic dish a makeover - with irresistible results

- Cake Club Simnel Battenberg cake
- Mary Berry's family favourites The BBC cook shares some of her most popular recipes •
- Cook with your children Fun Easter baking projects



From Angel Delight to sushihow dinner time has changed

#### **Eat well**

- 129 Nutritious lunch Coronation chicken sandwich
- **130 The Paleo diet** The lowdown on the 'caveman diet', plus recipes from chef Pete Evans ●
- **134 Comfort food made lighter** Angela Nilsen gives five favourites a healthy makeover

#### Good reads

- **46 What's for dinner?** Five decades of British meals
- **65 Chef's secrets** From food writer Roopa Gulati
- 66 **25 ways to make your kitchen sparkle**Queen of clean Aggie MacKenzie's thrifty tips ●
- **124 My kitchen** Cooking legend Claudia Roden
- **154 The food chain** Josceline Dimbleby and her son Henry, founder of healthy fast food chain Leon

#### Cook school

- 141 Do it better A perfectly boiled egg
- 142 Masterclass Make your own Easter egg
- 144 Storecupboard heroes Noodles

#### Every month

- 6 Enjoy more Good Food
  - Find us online, on social media and at our shows
- 8 Recipe index and menu planner
- 11 This month we're wishing you a... Happy Easter!
- 21 What's cooking News, reviews and trends
- 114 BBC Good Food subscriber offers
- 116 Chefs' specials TV recipes
- 121 In next month's issue Sneak preview
- 146 Classified advertisements
- **152 From your kitchen** Your letters and photos
- 152 Get the best from our recipes
- **153 Reader recipe** Spiced lamb pilaf

#### This month's covers





Cover photographs SAM STOWELL Recipes and food styling JANE HORNBY Styling LUIS PERAL

For subscribers

# Just for you



#### Lunch at Le Manoir

Enjoy an exclusive lunch at Raymond Blanc's beautiful two-Michelin star restaurant p69 •

6 FREE\* tomato plants for every reader p109

Save

Just

p126

£109.99

60% on a

retro-style

stand mixe





Save on luxury duvets
From £19.99 p123





Enjoy an eight-day break in Italy From £819pp p128



#### LIVE SHOWS • ONLINE • DIGITAL • MOBILE

This month, news about our Spring Show, plus how to eat well if you're planning a fun run...

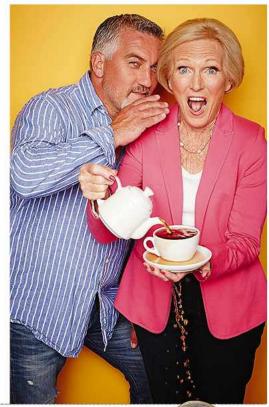


#### Live from Harrogate

Back by popular demand, the BBC Good Food Show Spring returns to Harrogate next month.

We're really excited about our line-up of celebrity chefs, plus the chance to sample and buy quality food from a huge range of artisan producers. Great news - Paul Hollywood will be joining Mary Berry in her Supertheatre sessions, so this is your chance to see the baking duo cooking live. There's more on-stage entertainment from the Hairy Bikers and James Martin.

• BBC Good Food Show Spring, HIC Harrogate, 10-12 April. For details and to book, turn to n61 or visit bbcgoodfoodshowspring.com.



#### Marathon meal plans

Whether you're training for a 5k or taking on a marathon, bbcgoodfood.com's running hub has a wealth of training and nutrition advice to get you over the line.

Our runner's meal plans show you how to create dishes for optimal nutrition, while our tips for hydration and diet will help you feel energised. Plus, Mo Farah, right, Paula Radcliffe and Team GB nutritionist James Collins share their secrets for going that extra mile. If you want to know what's best to eat before and after your run, turn to p22.



#### Easy Cook

Helping you keep things simple The April issue of BBC Easy Cook is on sale now - at only £2.40 it's

fantastic value for no-fuss meals. In this issue: One-pan paella, 10 simple springtime soups, easy

Easter lunch for family and friends, and much more. All the recipes have been tested in the Good Food kitchen so you know you can trust them.



For Great British Bake Off fans, and everyone who loves to bake, there's a brilliant collection of recipes in our new Bakes & Cakes magazine - from showstoppers and breakfast breads to cookies and perfect pies. Bakes & Cakes magazine is available in stores, £3.90. Why not ask your newsagent to order a copy for you - or download the digital edition from the Apple App Store.



Our interactive digital edition of Good Food just got better. You can now see our recipes in landscape as well as portrait view, plus it's easier and clearer to read. Download the app from the Apple App Store or visit Samsung's Papergarden for the Android version.



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#### Our promise to you

- We'll bring you the best recipes you'll find anywhere to cook at home.
- You can trust us every recipe in the magazine, including those from top chefs or cookery books, is tested and retested until we're confident it will work first time for you at home. Find out more on page 152.
- · We know that healthy eating is important to you and your family, so we offer new ways to eat well, plus vital nutritional information.
- We'll inspire you to cook with seasonal produce and discover new ingredients and flavours.
- We're realistic about budgets you'll find costs per serving on many dishes.
- Above all, whatever kind of cook you are, we promise you'll find plenty to inspire and excite you at BBC Good Food.

Join the conversation Catch up with fellow cooks, comment on our recipes and discover what we're up to in the Good Food Test Kitchen. Visit bbcgoodfood.com for advice on healthy eating and special diets, online conversion charts and thousands of triple-tested recipes.







You can also follow us on facebook.com/bbcgoodfood, Instagram and Twitter @bbcgoodfood

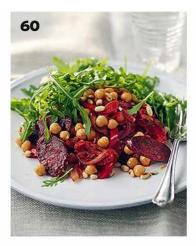


# This month's recipes

**RECIPE KEY** ■ Healthy option ■ Low fat ■ Gluten free 

Suitable for freezing





#### Soups, salads, sides & breakfasts

Asian pulled chicken salad 49 Bean & barley soup 60 Berry & avocado smoothie 54 Cabbage & red rice salad with tahini

dressina 39 Cashew butter & banana rice cakes **54** Charred Baby Gem, watercress & bacon salad 101

Chilli's muesli 132 Grilled asparagus with vegetable crumble 118

Laotian chicken salad with toasted guinoa 133

Orange, carrot & beetroot juice 133 Spinach rice 79

Sweet red pepper houmous **54** Tahini & lemon sauce 79

Warm chorizo & chickpea salad 60

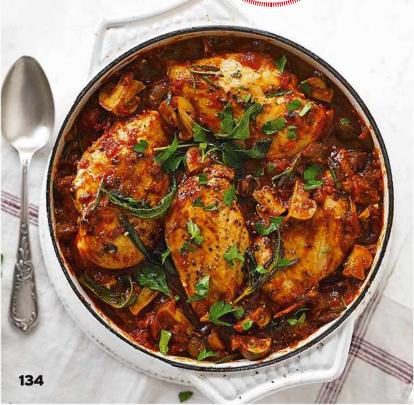


#### **Vegetarian mains**

Bean & barley soup 60 == Cabbage steaks with apple, goat's cheese & necans 38 Eggs Florentine pizza 32 Falafel burgers 60 8

Giant butter bean stew 76 Gingered tofu, aubergine & pea noodles 50

Potato & pesto pizza 49 Smoky beans on toast 51 Spanish tortilla 32 Yaki udon 84



#### Fish & seafood

A simple Spanish fish stew with an almond crumb **117** 

Caramelised scallop, avocado & orange salad 116

Filo-crusted smoked haddock, cheese & leek pie **100** 🕸

Fish tikka on garlic naan **51** Kale & salmon kedgeree 51 Lemony crab & cucumber clubs 92 Lighter Fish finger sarnies 136 Perfect pad Thai 86 Salmon with pomegranate & herbs 133

Super-green fish cakes **56** 



#### **Poultry**

Chiang Mai curried noodles (Khao soi gai) **84** 

Chicken & chickpea tagine 60 Grilled chicken & noodles (Bun ga nuong)

Lighter Chicken cacciatore 134 Lighter Coronation chicken & avocado

sandwich 129 Satay chicken & mango wraps 55 Spicy turkey sweet potatoes **50** 

#### Meat

Chorizo, ricotta & spinach pasta bake 49 Chorizo Scotch quail's eggs 30 Egg & bacon brioche soldiers 92 Golden squash & sausage risotto **56** Horseradish & mustard beef

casserole 106 🕸

Leek & bacon quiche 106 \*

Lighter Spaghetti & meatballs 137

Mini salt beef bagels 92

Poached beef & noodles (Gyudon) 88

Pork & parsnip traybake 50

Ramen with chicken bone broth, pork shoulder, soft-boiled egg & greens 84

Sausages with braised cabbage & caraway 38

Slow-cooked Greek Easter lamb 76 Soufflé mac 'n' cheese 32

Spiced lamb pilaf 153



# 102

#### Baking & desserts

Banana custard eclairs 94

Brooklyn blackout cake 14 \*

Carrot cake 119

Choc chunk, cashew & cranberry

cookies 18 🎕

Chocolate & spice hot cross buns 15 48

Coffee granita & whipped cream 125

Dark & white chocolate cardamom swirl

tart **16** 

Duck egg sponge cake 30 🕸

Easter chocolate bark 14

Flowerpot chocolate chip muffins 110

Lemon & poppy seed gateaux 96 3

Lemon drizzle cake 108 3

Lighter Chocolate cake with chocolate

icing **138** 

Lighter Creamy vanilla rice pudding 137

Little pistachio cakes 96

Ploughman's scones **92** 

Portuguese egg custard tarts **34** 

Raspberry & dark chocolate teacakes  $\bf 94$ 

MAKE OUR COVER RECIPE Salted caramel

brownies 16 🕮

Simnel Battenberg cake 102

Striped chocolate Easter egg **142** 

Tonia's rose baklava **80** 

Vanilla chick biscuit pops 111

White chocolate, bourbon & raspberry

cheesecake 120

# Menu planner

Four menu ideas, compiled from this month's recipes

#### Special brunch for a special mum



Chilli's muesli (this makes a big batch) **p132** 



Kale & salmon kedgeree **p51** 



Chocolate & spice hot cross buns **p15** 

Add a splash of blood orange juice to a glass of Prosecco for a Buck's Fizz with a difference.

#### St Patrick's day dinner for 4



Bean & barley soup **p60** 



Sausages with braised cabbage & caraway



White chocolate, bourbon & raspberry cheesecake **p120** (chill the leftovers)

#### Early spring picnic!



Ploughman's scones **p92** 



Lighter Coronation chicken & avocado sandwich p129



Choc chunk, cashew & cranberry cookies **p18** 



Portuguese egg custard tarts **p34** 

#### Get the girls round - supper for 6



Caramelised scallop, avocado & orange salad **p116** 



Golden squash & sausage risotto (double the recipe and save leftovers for lunch) **p56** 



Charred Baby Gem, watercress & bacon salad **p101** 



Head to bbcgoodfood.com for a dessert - try Chocolate, salted caramel & banana mess (triple the recipe)

# THERE'S BEEF. THERE'S SCOTTISH BEEF. THEN THERE'S SCOTCH BEEF.











Chocolate.
Just saying the word cheers
me up – and that's before

even one seductive square has passed my lips.

I get my chocolate fix more or less every day with a chunk or two after dinner instead of dessert. I love the shine, the snap, the melt.

Chocolate melts at body temperature with a sensuous and addictive effect, and this – combined with caffeine, sugar and other compounds within it – makes it one of our most popular treats. No wonder that the Latin name for cacao is *theobroma*, meaning 'food of the gods'.

The subject of choosing chocolate has become as complex as that of coffee or wine, with single-estate growers, artisan bean-to-bar producers and flavour profiles.

When I want to bake with chocolate, I consider my options carefully. Gone are the days of simply categorising chocolate either for eating or cooking. What I focus on is using a good-quality chocolate that has a few key qualities – primarily cocoa percentage – to make a recipe as full-flavoured as it can be, while also delivering on texture and balance. (See my guide on page 19.)

A promise of high cocoa solids alone is not a guarantee of quality, so it's worth trying a few and finding your favourite – after all, it's in the name of research!



Brooklyn blackout cake

During the blackouts of the Second World War, Ebinger Baking Company in the New York City borough of Brooklyn developed its Blackout cake – a rich, dark cake filled and coated with a thick comflour chocolate custard, then finished with crumbled cake. It needs to be eaten from the fridge, and makes a really fabulous birthday cake or an excuse for a party.

**CUTS INTO** 12 slices **PREP** 30 mins plus cooling and over 5 hrs chilling **COOK** 30-40 mins

A LITTLE EFFORT 🗱 cake layers only

FOR THE CAKE 140g/5oz unsalted butter, plus extra for greasing 100ml/31/2fl oz vegetable oil 140g/5oz buttermilk 100ml/31/2fl oz coffee, made with 1 tsp espresso powder 2 large eggs, at room temperature 1 tsp vanilla extract 250g/9oz light muscovado sugar 250g/9oz plain flour 1 tsp bicarbonate of soda 2 tsp baking powder 50g/2oz cocoa powder FOR THE CUSTARD FILLING AND COVERING 250g/9oz golden caster sugar 500ml/18fl oz full-fat milk 140g/5oz chocolate, 85% cocoa solids, broken into cubes 50g/2oz cornflour 2 tsp espresso powder 2 tsp vanilla extract

1 Make the custard first as it needs to chill. Put all the ingredients, except the vanilla, in a large pan and bring gently to the boil, whisking all the time, until the chocolate has melted and you have a silky, thick custard. It will take 5-7 mins from cold. Stir in the

vanilla and a generous pinch of salt, then scrape the custard into a wide, shallow bowl. Cover the surface with cling film, cool, then chill for at least 3 hrs or until cold and set. 2 Heat oven to 180C/160C fan/gas 4. Grease then line the bases of 2 x 20cm sandwich tins. Melt the butter in a pan, then remove from the heat and beat in the oil, buttermilk. coffee and eggs. In a large bowl, whisk the dry ingredients togetherplus 1/4 tsp salt (saves sifting) and squish any resistant lumps of sugar with your fingers. Tip in the wet ingredients and whisk until smooth. **3** Divide the batter between the prepared tins and bake for 25-30 mins until risen and a skewer inserted into the middle of the cakes comes out clean. Cool for 10 mins, then transfer to a rack to cool completely,

parchment-side down.

4 Remove the parchment linings from the cakes. If the cakes are domed, trim them flat. Now cut each cake across the middle using a large serrated knife. Put your least successful layer and any trimmings into a processor and pulse it to crumbs. Tip into a large bowl.

**5** Sit one layer on a cake plate and spread it with a quarter of the custard. Sandwich the next layer on top, add another quarter of the custard, then top with the final layer of cake. Spoon the remaining custard on top of the cake, then spread it around the top and down the sides until smooth. Chill for 15 mins to firm up the custard again.

**6** Hold the cake over the bowl containing the crumbs, then sprinkle and gently press a layer of crumbs all over the cake. Brush any excess from the plate. You'll have some crumbs left. Chill for 2 hrs, or longer, before serving, and eat it cold. Can be made up to 2 days ahead. The cake gets fudgier and more enticing the longer you leave it.

**PER SLICE** energy 548 kcals • fat 27g • saturates 12g • carbs 68g • sugars 47g • fibre 3g • protein 7g • salt 0.6g



#### Easter chocolate bark

Snap it, bag it up and give it as an alternative to Easter eggs. If you want to achieve a glossy shine and a lovely snap to your bark, it's worth tempering the chocolate before setting it. This involves cooking the chocolate to a very specific temperature (see instructions on page 142). It's not as tricky as you may think – all you need is a digital thermometer.

**MAKES** enough for 6-8 gift bags **PREP** 20 mins plus cooling **COOK** 5 mins

EASY 🎇

3 x 200g bars milk chocolate 2 x 90g packs mini chocolate eggs 1 heaped tbsp freeze-dried raspberry pieces – or you could use crystallised petals

- 1 Break the chocolate into a large heatproof bowl. Bring a pan of water to a simmer, then sit the bowl on top. The water must not touch the bottom of the bowl. Let the chocolate slowly melt, stirring now and again with a spatula.
- **2** Meanwhile, lightly grease then line a 23 x 33cm roasting tin or baking tray with parchment. Put three-quarters of the mini eggs into a food bag and bash them with a rolling pin until broken up a little.
- **3** When the chocolate is smooth, pour it into the tin. Tip the tin from side to side to let the chocolate find the corners and level out. Scatter with the smashed and whole mini eggs, followed by the freeze-dried raspberry pieces. Leave to set, then remove from the parchment and snap into shards, ready to pack in boxes or bags.

PER SERVING (8) energy 511 kcals • fat 28g • saturates 17g • carbs 56g • sugars 56g • fibre 2g • protein 7g • salt 0.2g



Make your own egg Turn to page 142 for our step-by-step masterclass

## Chocolate & spice hot cross buns

Flecked with dark chocolate, cinnamon, orange zest and plump raisins, these buns make an extraspecial Easter treat.

MAKES 12 PREP 40 mins plus rising and proving COOK 20-25 mins
AUTTLE EFFORT \*

zest and juice 1 large orange sunflower oil, for greasing FOR THE DOUGH AND CROSSES 225ml/8fl oz semi-skimmed milk 50g/2oz unsalted butter, plus extra for greasing

1 large egg
450g/1lb strong white bread flour,
plus extra for dusting
2 tsp fast-action yeast
50g/2oz golden caster sugar
FOR THE FLAVOURING AND GLAZE

140g/5oz raisins 100g/4oz chocolate, 70% cocoa solids 1 tsp ground cinnamon 4 tbsp golden caster sugar 100g/4oz plain flour

1 Make the dough first. Heat the milk in a pan until steaming. Remove from the heat, and drop in the butter. After a couple of mins, beat in the egg and half the orange zest. 2 Mix the strong flour, yeast, 1 tsp salt and the sugar in a large bowl, then tip in the liquid and stir to make a soft dough without dry patches. Flour the work surface and your hands, then knead the dough for 5-10 mins until smooth and elastic. Use a stand mixer or processor if you like. Oil a large bowl, sit the dough inside it, then cover with oiled cling film. Rise in a warm place for about 1 hr or until doubled in size.

3 Put the raisins and half the orange juice

in a small pan or covered bowl, and either simmer for a few mins or microwave on High for 1 min until hot. Cool completely. Break the chocolate into a food processor with the cinnamon and 2 tbsp sugar, then pulse until very finely chopped. Mix in the rest of the zest. If you don't have a processor, chop it by hand or grate it, then mix with the other ingredients.

4 Turn the risen dough onto a floured surface and press it out to a large rectangle, a little bigger than A4 paper. Scatter it evenly with the chocolate mix and the raisins, which should have absorbed all of the juice (drain them if not). Roll the dough up around the filling, then knead it well for a few mins until the chocolate and fruit are evenly spread. Some raisins and chocolate will try to escape, but keep kneading them back in.

**5** Grease then line a large baking sheet with baking parchment. Divide the dough into 12 equal pieces. Shape into buns by pinching each ball of dough into a purse shape, concentrating on making the

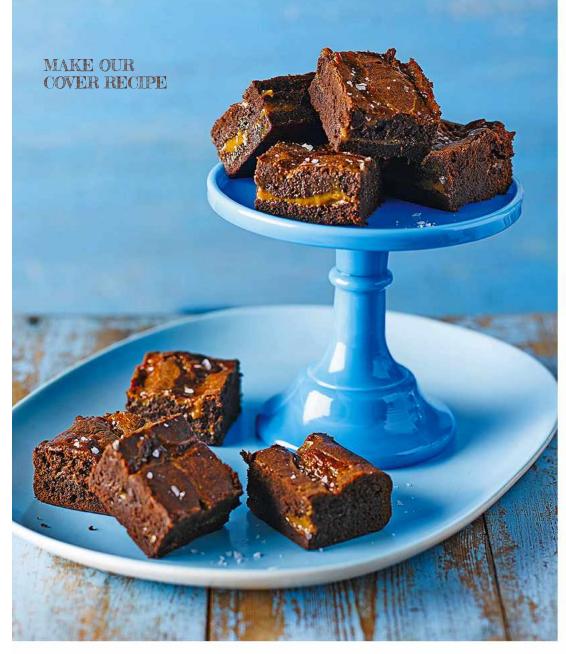
the top) as smooth as you can. Put the buns, smooth-side up, onto the baking sheet, leaving room for rising. Cover loosely with oiled cling film and prove in a warm place for 30-45 mins or until the dough has risen and doesn't spring back quickly when prodded gently.

**6** Heat oven to 190C/170C fan/gas 5. To make the paste for the crosses, gradually stir 6-7 tbsp water into the plain flour to make a smooth, thick paste, then put in a food bag and snip off the end to about 5mm. Pipe the crosses, then bake for 20-25 mins until the buns are risen and dark golden brown.

**7** Mix the rest of the orange juice with the remaining sugar and let it dissolve. Brush the syrup over the buns while they are hot, then leave to cool. Eat on the day of baking, or toast the next day.

**PER BUN** energy 332 kcals • fat 8g • saturates 5g • carbs 55g • sugars 22g • fibre 2g • protein 8g • salt 0.5g





#### Salted caramel brownies

A can of ready-made caramel gives these brownies a wonderful fudgy texture, as well as their distinct salted caramel stripes. It's important that you use the right mix of chocolate.

200g/7oz unsalted butter, plus a little extra for greasing
100g/4oz chocolate, 70% cocoa solids
100g/4oz chocolate, 50% cocoa solids
397g can Carnation caramel
1 tsp flaky sea salt, plus a little extra for the top
200g/7oz golden caster sugar
4 medium eggs, at room temperature

200g/7oz golden caster sugar 4 medium eggs, at room temperature 100g/4oz plain flour, plus 2 tbsp 50g/2oz cocoa powder

1 Heat oven to 180C/160C fan/gas 4. Grease then line a 23cm square traybake tin with baking parchment. Melt the butter in a medium pan, break in all the chocolate, then remove the pan from the heat and wait for the cubes to melt.

- **2** In a small bowl, mix 175g of the caramel with 1 tsp sea salt it will loosen up. Put the rest of the caramel in a large bowl with the sugar and eggs, and beat with an electric hand mixer or balloon whisk until even.
- **3** Whisk in the chocolate and butter. In another bowl, combine the flour, cocoa and a good pinch of table salt, then sift this on top of the chocolate mix. Beat briefly until smooth.
- **4** Pour half the brownie batter into the tin and level it with a spatula. Using a teaspoon, spoon half of the salted caramel on top of the batter layer in 5 thick, evenly spaced stripes. Spoon the rest of the brownie batter on top and smooth it out, trying not to disturb the caramel beneath. Top with the rest of the caramel in the same stripy fashion. Drag a skewer or tip of a knife through the caramel to make a feathered pattern on the top.
- **5** Scatter with a little more sea salt, then bake for 25-30 mins or until risen all the way to the middle with a firm crust on top. When ready, the brownie will jiggle just a little when you shake the tin. Let it cool completely in the tin, then cut into squares.

**PER BROWNIE** (16) energy 345 kcals • fat 19g • saturates 11g • carbs 37g • sugars 29g • fibre 2g • protein 5g • salt 0.8g

## Dark & white chocolate cardamom swirl tart

This beautiful tart is a stunning way to finish a special meal. If you like your chocolate unadulterated (or are in a rush), leave out the cardamom, and simply heat the cream and sugar together at the start of step 4.

CUTS INTO 12-15 slices PREP 30 mins plus cooling and chilling COOK 20 mins

AUTILE EFFORT

#### FOR THE GANACHES

7 cardamom pods 400ml/14fl oz double cream 100g/4oz white caster sugar 200g bar white Belgian chocolate 180g pack Willie's Cacao Venezuelan Black 100% Carenero cacao, or try Lindt 99% cacao (both available from Waitrose) 25g/loz unsalted butter, cut into small pieces and softened 1 tsp vanilla extract 150ml/1/4pt whole milk FOR THE BASE 200g/7oz dark chocolate digestives 75g/21/2oz unsalted butter, melted, plus extra for greasing 3 tbsp caster sugar (white or golden)

- 1 Crush the cardamom pods with a pestle and mortar, then put the seeds and the husks in a medium pan. Pour in the cream and sugar, stir, then heat gently until the cream begins to simmer. Remove the pan from the heat and leave to infuse for 30 mins.
- 2 Meanwhile, finely chop the white chocolate in a food processor, then tip into a medium bowl. Repeat with the cacao, tip this into another bowl and add the butter. Season each chocolate with a pinch of salt.
- **3** Heat oven to 180C/160C fan/gas 4 and lightly grease a 23cm fluted tart tin or springform tin. Without cleaning the processor, tip in the digestives and pulse to fine crumbs. Pulse in the melted butter and sugar until the mixture looks like wet sand, then press firmly into the base of the tin. Slide it onto a baking sheet, bake for 10 mins, then cool completely.
- **4** When the base is cold, reheat the infused cream to a simmer. Strain half the cream on top of the white chocolate and stir. Add the milk to what is left in the pan, reheat, then strain this over the chopped cacao and butter, and stir. It will take a few mins before each chocolate melts completely.
- **5** Pour all but about 3 tbsp of the cacao ganache on top of the biscuit base and chill for 15 mins or until just set. Now flood the top with the white chocolate ganache. Finish with the reserved cacao mix, dropping 6 dollops on top like a clock face, and one in the middle. Use a skewer to swirl the colours together. Chill for at least 4 hrs or ideally overnight to let the ganache set firm, then bring it out of the fridge for 30 mins before serving.

PER SLICE (15) energy 455 kcals ● fat 34g ● saturates 20g • carbs 33g ● sugars 26g ● fibre 1g ● protein 4g ● salt 0.3g



## Tips for success

■ Keep a saucepan of hot water to hand; if either chocolate, ganache doesn't melt entirely, or thickens up a little too much as you assemble the tart, simply sit the bowl over the pan and stir with a spatula until flowing again.
■ For super-clean slices, warm your knife with hot water from the kettle, dry it, then slice the tart.



# Cooking with chocolate

#### Which chocolate do I choose?

Always look for the cocoa percentage to best suit your recipe and, as a general rule, pick a bar with the least number of added ingredients.

#### Milk chocolate

Must have a minimum of 20% cocoa solids - however, I'd recommend one with 30% for a creamy finish and a satisfying chocolate flavour.

#### Dark chocolate

A bar of standard 'dark' chocolate, such as Bournville, has only 36% cocoa solids and is rather sweet. A better-quality dark chocolate for all-round use, often labelled 'Belgian' in some stores, will be around 50% cocoa. Luse this for cookie chunks that hold their shape and are neither too sweet nor bitter, and in cakes for kids. I've started melting 50% cocoa chocolate half and half with 70% cocoa chocolate to make my own 60%, which gives the perfect fudgy brownie.

- 70% COCOA SOLIDS is ideal when you want a dessert with a deep chocolate flavour. such as flourless chocolate cakes and puddings. Melt carefully; the more cocoa in the chocolate, the less fat it contains, making it a slightly more temperamental product.
- 85% COCOA AND BEYOND At this point, chocolate can start to taste bitter, even sayoury, so in most recipes you'll need sugar or cream to partner all that strong cocoa.

Chocolate with a high cocoa percentage can overwhelm delicate flavours and, from a technical point of view, it will set more solidly than lower-cocoa chocolate, so it's best not to upgrade the percentage in a recipe unless you can confidently adapt the other ingredients too. ■ 100% CACAO Raw cacao (which becomes cocoa once roasted) is becoming popular, with even big brands dipping their toe into the market. Pure or almost pure cacao is very dense and will take a bit more work to chop. It is best

#### White chocolate

Free of cocoa solids, white chocolate relies on good-quality cocoa butter, sugar and milk solids, plus vanilla for flavour. I find that white chocolate at the bottom and top end of the market doesn't melt well, so go for a mid-price bar (again, my default is supermarket 'Belgian'), and take great care when melting. Use the saucepan method rather than the microwave, unless you have had lots of practice at getting the timinas right.

#### Cocoa powder

All cocoa powders are, in theory, the same, made from 100% cocoa. But some cocoa powders, such as Green & Black's, are 'Dutch processed', or alkalised, which means that the cocoa will have a reddish colour and a round. strong chocolatey flavour. This is important to cooks and bakers, because when normal (acidic) cocoa meets alkaline bicarbonate of soda, it reacts and helps cakes to rise.

With processed cocoa, this reaction is less dramatic and explains why chocolate cake recipes often include an acidic ingredient such as buttermilk or dark brown sugar. I often use cocoa powder and chocolate in a recipe to really max out on the chocolate flavour.

#### Couverture

This is fine-quality chocolate that has had extra cocoa butter added to it. It's used by professional chocolatemakers to give super-glossy shine and snap. It often comes in small pellets for ease of weighing and melting. Not to be confused with chocolate cake icing.

#### How chocolate is made

- Ripe cacao pods are picked, split and fermented for up to a week, which kicks off
- The beans are then dried, cleaned and roasted to enhance the flavour.
- The shells are removed, leaving cocoa nibs (see What's cooking this month, p21). Grinding the nibs releases cocoa butter and creates a paste called cocoa mass or liquor. This can be pressed to separate the fat and make a hard cake (ground to make cocoa powder, or used to make chocolate by adding the fat back in later on), or mixed there and then with (often) sugar and sometimes more cocoa butter to make chocolate. ■ The final stage is the 'conching', or rolling, of the chocolate for anything from a few hours to a week, at 50-80C - this finesses the texture. At

grow in the tropics the flavour-making process. Central America, the Caribbean,

Where does

it grow?

Cacao trees

of South and

West Africa.

**Madagascar** and

South-east Asia.

Just as wine

terroir, chocolate

from a specific

estate can differ

in flavour to that

of its neighbours.

due to climate

and landscape.

has a specific

this stage, milk is added to make milk chocolate.

#### GET THE BEST FROM YOUR CHOCOLATE

- Store chocolate at an even temperature to prevent it from 'blooming', when it develops a rough surface. If this happens, don't throw it away - the chocolate is still good for melting and cooking. Always keep chocolate well wrapped to avoid contact with the air.
- Salted chocolate is a flavour in its own right, but don't forget to add a small pinch of salt to most chocolate cakes, bakes and frostings. It brings out the chocolate flavour and improves the bake.
- If you're working with chocolate and it's on the cusp of 'seizing' (turning grainy), you may be able to save it. Stir in 1 tsp vegetable or sunflower oil and it may, if you're lucky, return to silky smooth. However, if it's become totally solid or very granular, it's going to taste burnt and you will need to start again.
- Don't let water drip into melting chocolate or attempt to melt it in a steamy kitchen. Even a small amount of moisture causes seizing.
- When you're handling homemade chocolates, wear gloves to prevent finger marks. I use dermatological cotton gloves, or

you could wear surgical-type latex gloves instead.

#### KNOW YOUR BEANS

melted with other ingredients, or grated.

All chocolate is made from one of three types of bean. Criollo beans are highly prized and produce what's considered to be the finest chocolate. It is also hard to cultivate and very expensive. Forastero is the most prolific crop, with a strong but less nuanced flavour. Trinitario is a hybrid, has a good flavour and is widely used.

Many chocolates are made with a blend of beans to achieve a particular balance of flavour characteristics. Just as with coffee-making, higher-quality beans are subjected to only a light roasting to avoid damaging the delicate flavours. Low-quality beans are roasted for longer. This is why high-quality chocolates are often a more reddish-brown colour.

How to melt chocolate Melting chocolate is simple, as long as you take your time. Break the chocolate into a heatproof bowl and sit the bowl over a pan of barely simmering water. Don't let the water touch the bowl as it melts. Stir the chocolate now and again. When the chocolate has almost melted, take it off the heat and let any remaining lumps melt in the residual heat. To melt in the microwave, use a non-metallic bowl and heat on High in 10-se bursts until the chocolate is almost completely

melted. Let it finish itself, as before.

**gf** 19

# TRY IT NOW

# "IT'S TRULY AMAZING"

Denise W, Telford

0 0 0 0 0

# "NEVER TASTED ANYTHING AS GOOD"

Carol W, Bolton

☆☆☆☆☆

# "A REAL WINNER"

Connie M, Glasgow

00000

# "IT'S HEAVEN ON A SPOON"

Angela W, Stockport

公公公公公

# "SO CREAMY IT'S SHEER BLISS"

Nicole S, home Hawaii, heart London

0 0 0 0 0





#### The Violet Bakery Cookbook by Claire Ptak (£20, Good Food offer price £17, Square Peg)

The Violet Bakery, a buzzing café in east London known for its excellent baking, is run by Claire, who worked as a pastry chef in Alice Waters' Chez Panisse in California. She has achieved a miracle by combining health and indulgence in her cakes, which feature unrefined sugars and wholegrain flours. From Prune, oat & spelt scones to the delicious Hazelnut toffee cake, these are wonderful recipes.

Sesame & Spice

Baking from the East End to the Middle East by Anne Shooter (£25, Good Food offer price £22.50, Headline)

Sesame & Spice:

Bring a touch of the exotic to your kitchen with this fabulous collection of Middle Eastern-inspired bakes from food writer and blogger Anne Shooter. This is a real treat for keen bakers looking for inspiration, bringing a suggestion of spice, a hint of honey and the tang of pomegranates to cakes and bakes. There are also some family recipes for traditional Middle Eastern breads and a few savoury treats like Smoked haddock pastries.



A Bird in the Hand by Diana Henry (£20, Good Food offer price £18, Octopus) A real desert island cookbook.

You can never have too many ideas for chicken, and Diana's are some of our favourites. She includes ideas for sautés and braises, twists on the perennial roast, salads, pilafs and leftovers. There's chicken fancied up for dinner parties or dressed down for kids, plus lots of quick midweek suppers.

#### **TAKE A COOKERY COURSE**

Japanese Street Food: Gyoza Class, Yuki's Kitchen, Crystal Palace, London (020 8816 7499. vukiskitchen.com)

Tutor Yuki grew up in Japan, where she learned to cook with her mother. She has lived in Chicago, trained as a chef and helped to develop menus at several restaurants in the UK.

The class is held in her white, open-plan home kitchen. She greeted me and the three other students with a cup of Japanese tea. First, she demonstrated how to make the fillings (a mix of pork and prawn, with Savov cabbage and assorted wild mushrooms and spices) and shape the gyoza (Japanese dumplings). Then we had a go ourselves, working in pairs.

Yuki makes it look very easy, folding the edges of her dumpling skin into perfect folds in under three seconds. But practice makes perfect, and we were given plenty of gyoza skins so we could get the technique right.

Yuki talked through Japanese ingredients and explained the difference between frying and



boiling gyoza. She also created a Japanese stock (dashi), which has a deep, strong flavour. She made a fragrant mushroom rice with

the stock, then she showed us how to cook the gyoza. Our session finished with lunch, including everything we had prepared earlier. Delicious! Verdict Yuki demonstrates restaurant-quality dishes you can make at home. A great introduction to Japanese cooking. Cost £60 for a morning class, including lunch. **Chelsie Collins** 



#### **WE LOVE**

This lovely bowl is ideal for our ramen recipe on page 84 - it's deep but still perfectly sized for one person. Kikyo flower ramen bowl, £16, souschef.co.uk



#### **DRINK NOTES**

Sarah Jane Evans chooses her top bottles this month

Truly Irresistible Barbera d'Asti 2012, Italy, 14.5%, £6.99, The Co-op

How could you possibly resist the brand name of this bottle? In fact, it's disarmingly good, part of the Co-op's improved range.

Bursting with dark plums and cherries, but balanced with a fine savoury zestiness. Just the thing for a wintry lasagne or pasta and ragu.

Soft Brew, 0%, £1.20, independent stockists nationwide

Thinking of guests who have to drive this Easter, or planning to give up alcohol for Lent?

Soft Brew - with its subtle Apple, Lemon, or Lime & elderflower versions - is one that got the thumbs-up at our tasting. It's a drink for people who like the hoppy taste of beer and lager.



Take a look at Asda's online Wine Shop. It has been helpfully designed so that you can buy a mixed case and pop one or more expensive wines in the box to try.

This one is a rich, substantial red. Make up a case for Easter with some good-value Extra Special Old Vines Garnacha and Extra Special Douro from Portugal (both £5).



#### What's cooking

#### A SUGAR-FREE CHOCOLATE FIX

Cocoa, or cacoa nibs, are little crunchy pieces of cocoa beans, which we've seen in gourmet bars of chocolate for added texture and flavour. You can also buy them on their own.

During the chocolate-making process nibs are roasted, then ground and mixed with sugar, milk and cocoa butter. Most of the whole cocoa nibs on sale in the UK have been roasted - which intensifies their flavour - but you can buy them raw (try Naturya Organic Cocoa Nibs, £8.99, Holland & Barrett). Free from sugar and dairy, they're a great snack and they taste similar to a very dark chocolate - without any sweetness.

Sprinkle them over fruit salads, use them in cookies or mix into muesli. Combine with dried cranberries, chopped pecans, pumpkin seeds and chopped dates for a simple trail mix. They'll also add crunch and flavour to savoury dishes – try in place of toasted seeds or use to garnish chilli. They contain caffeine so you may prefer to use them at breakfast time rather than an after-dinner snack.

#### ONE G

#### A NOSE FOR A GOOD BAKE!

The Bake Off tent has never being so awash with glitter - and we're not just talking sparkly cake decorations.

Sarah Brown and Jonathan Ross are two of the stars competing in The Great Comic Relief Bake Off, but who will be crowned champion?

Find out on 13 March (Red Nose Day). And there's still time to host your own cake sale; visit rednoseday.com/bakeoffkit for a free fundraising pack.





## HOLLY'S TROLLEY Heck Chicken Italia quarter pounders, £2.99, Tesco

Leaner and lighter than beefburgers, these are made from chicken breast and thighs, plus tomato and basil. They have

a lovely Mediterranean flavour and a chunky texture.

#### Nomadic mango lassi, £1.49, ocado.com

A good hunger-buster to keep in your handbag for



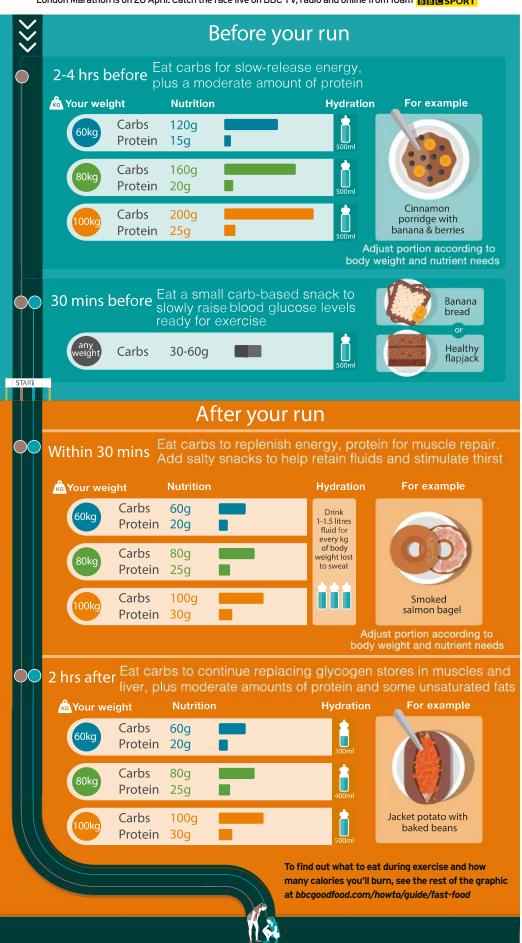
'emergencies'. Drink this new yogurt drink either on its own or splash it on muesli to bulk up your breakfast.

## Piddington apricot & rosemary jam, £6.49, Selfridges

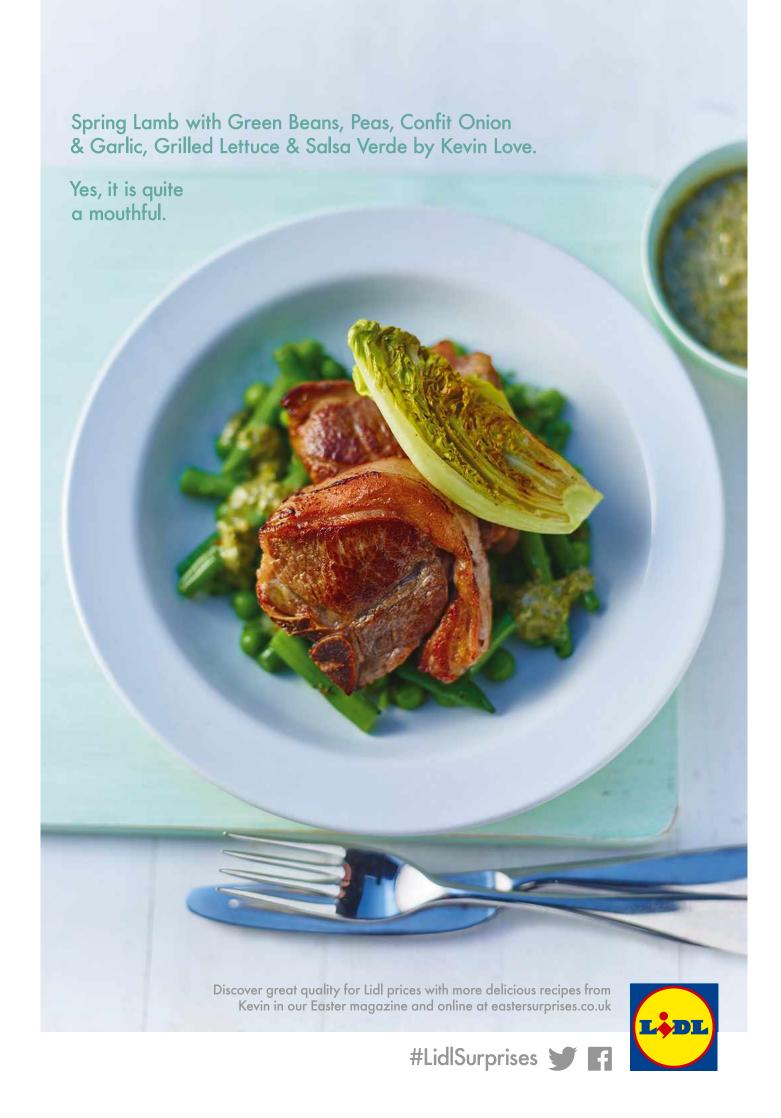
Rosemary adds a whole new dimension to classic apricot jam, and it's lovely! This works as a condiment for roast lamb, in a ploughman's sandwich or just as sweet jam on buttered toast.

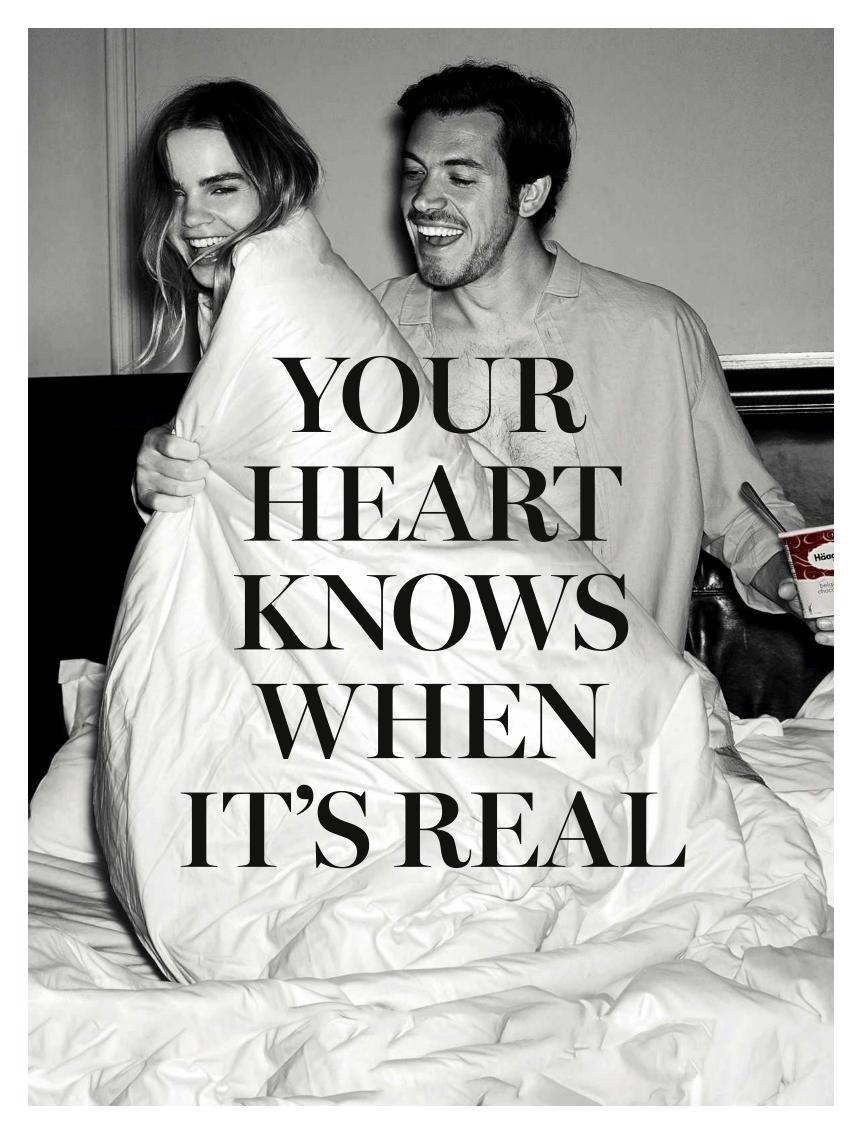
#### WINNING FORMULA

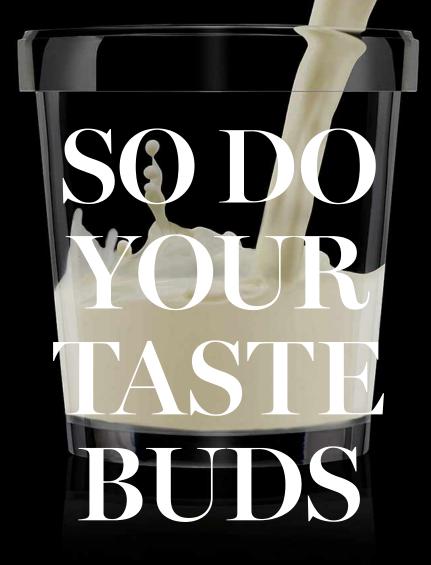
Whether you're training for a marathon or simply want to keep fit, food is an essential part of any sporting performance. But what exactly should you eat before and after exercising? Check out our chart. This year's London Marathon is on 26 April. Catch the race live on BBC TV, radio and online from 10am BEGSPORT











If it doesn't have real milk and cream it's just not Häagen-Dazs.



NOTHING IS BETTER THAN REAL



# LIGHT DONE RIGHT





When we wanted to make a lighter granola recipe, we went back to the field, not the lab. By using only natural ingredients and adding some wholegrain barley, we've reduced fat by 30%\* in both flavours of our delicious new Lighter Granola. It's the lighter way done right.

Why not pick up a pack and try it for yourself?



# Goodeggs

It wouldn't be Easter without eggs! **Miriam Nice** gives a starring role to one of the most versatile ingredients in your kitchen

Photographs STUART OVENDEN



Duck egg sponge cake





Duck egg sponge cake

Duck eggs are becoming more readily available, either through farm shops or bigger supermarkets. They make the best sponges (both for flavour and texture), but if you can't get hold of any, substitute 250g weight of beaten hen's eggs.

CUTS INTO 12 slices PREP 1 hr COOK 35 mins

ALITTLE EFFORT un-iced

FOR THE SPONGE 250g/9oz butter, melted, plus extra for greasing 5 duck eggs (we used Clarence Court **Braddock Whites)** 250g/9oz white caster sugar 1 tsp vanilla extract 250g/9oz self-raising flour 1 tsp baking powder FOR THE BUTTERCREAM 250g/9oz unsalted butter, chopped, at room temperature 600g/1lb 5oz icing sugar 2 tbsp milk 1 vanilla pod food colouring (optional) FOR THE DECORATION cocoa powder, for dusting selection of mini chocolate eggs

**1** Heat oven to 180C/160C fan/gas 4. Grease then line 2 x 20cm cake tins with baking parchment and grease the parchment too.

- **2** Crack the duck eggs into a large mixing bowl. Add the sugar and whisk for about 5 mins until pale and fluffy. Keep whisking as you add the melted butter, a little at a time, followed by the vanilla extract.
- **3** Fold in the flour and baking powder with a large metal spoon until you can't see any pockets of flour. Divide the mixture between the two prepared tins and bake for 35 mins or until bouncy to the touch and a skewer poked into the middle of the cake comes out clean. Leave the cakes to cool in the tin, then turn out onto wire racks when cool enough to handle.
- 4 To make the buttercream, tip the butter into a big bowl and whisk with an electric hand whisk. Add the icing sugar, 2-3 tbsp at a time, until it's all incorporated, adding the milk halfway through the process. Scrape the seeds out of a vanilla pod, add them in and whisk again. Transfer half the buttercream to another bowl and, if using, stir your food colouring into one of the mixtures. I used blue and a dash of green to create a classic duck egg shade.
- **5** When the buttercream mixtures are ready and the cake is cold, level the cakes with a bread knife, cut each one in half through the middle and stick all the layers

together with the uncoloured buttercream. Cover the whole cake with a thin layer of the coloured buttercream - this will seal in any crumbs. Chill the cake for 30 mins, then cover with the rest of the buttercream and use a palette knife or pastry scraper to make the buttercream flat.

**6** To finish, sprinkle about 1/4 tsp of cocoa powder onto the cake to create a speckled design. Repeat this in different sections of the cake, then top with a cluster of mini chocolate eggs and serve. *Will keep for 2-3 days*.

**PER SLICE** energy 717 kcals • fat 38g • saturates 22g • carbs 86g • sugars 71g • fibre 1g • protein 7g • salt 0.7g

#### Making a sponge

Eggs are best stored in the fridge, but if you're making a sponge you'll need to get them to room temperature before using. A quick way to do this is to submerge the eggs in warm water for a few moments - this will help to stop your cake batter splitting when the eggs are added to the creamed butter and sugar.



#### Chorizo Scotch quail's eggs

MAKES 12 PREP 1 hr 30 mins COOK 20 mins MORE OF A CHALLENGE

FOR THE EGGS

1 tbsp vinegar

12 quail's eggs

100g/4oz stale bread

100g/4oz blanched almonds

small pack flat-leaf parsley

250g/9oz cooking chorizo

2 hen's eggs

3 tbsp plain flour

sunflower oil, for deep-frying

FOR THE MAYONNAISE

5 tbsp mayonnaise (shop-bought, or try

one of our homemade mayonnaise

recipes at bbcgoodfood.com)

1 tsp smoked paprika

- 1 Fill a large pan with water and a good-sized bowl with iced water. Bring the water in the pan to a rolling boil, add the vinegar, then slowly lower in your quail's eggs with a spoon. Let them cook for 1 min, then quickly take the pan off the heat and let them sit in the water for 30 secs. Scoop the eggs out with a slotted spoon and plunge straight into the bowl of iced water. Leave them to cool for 10 mins while you prepare the coatings.
- 2 Put the stale bread, almonds and parsley in a food processor and blitz until evenly chopped into very fine pieces, then season well and transfer to a shallow dish. Remove the outer casing from the chorizo and discard it, roughly chop the chorizo and put it in the food processor along with 1 hen's egg. Blitz briefly until just smooth. Divide the mixture into 12 patties and put them on a plate or tray. Set up 3 bowls with the flour in one, remaining egg, beaten, in the second, and the crumb mix in the third.
- **3** Carefully peel the quail's eggs, taking care not to expose the yolk, which should be softly boiled. Place 1 chorizo patty on top of a piece of cling film. Flatten it as thin you can, then put a quail's egg on top. Use the cling film to help you draw the edges of the patty up and around the egg until it's completely enclosed. Twist the ends of the cling film together to tightly form it into a ball. Unwrap

the Scotch egg and roll it first in the flour, then dip in the beaten egg, followed by rolling it in the crumb mix. Repeat the beaten egg and crumb mix step to ensure a generous coating, then repeat the whole process for the rest of the eggs.

- 4 Half-fill a medium-sized saucepan with sunflower oil and heat it until it reaches around 180C. Lower in the Scotch eggs using a slotted spoon and fry for 5 mins. Only cook 2 or 3 at a time to avoid overcrowding. If the Scotch eggs are browning very quickly, turn the heat down, but do leave them in the oil for the full 5 mins to ensure the chorizo is cooked through. When done, scoop them out with a slotted spoon onto a plate lined with kitchen paper to absorb some of the oil. Repeat with all the eggs. While still hot but cool enough to be handled, cut each in half and arrange on a platter.
- **5** In a small bowl, stir the mayonnaise and smoked paprika together, and serve as a dip on the side.

**PER SERVING** energy 323 kcals • fat 28g • saturates 5g • carbs 9g • sugars 2g • fibre 1g • protein 10g • salt 0.7g





#### Eggs Florentine pizza

MAKES 4 PREP 20 mins plus proving COOK 30 mins

EASY V CALCIUM 10F5 🔆

FOR THE BASE 125ml/4fl oz milk 1 tsp golden caster sugar 2 tsp dried yeast 500g/1lb 2oz '00' pasta flour or bread flour, plus extra for dusting 1 thsp olive oil FOR THE TOPPING 4 tomatoes 2 garlic cloves, crushed small bunch oregano, chopped (or 1 tsp dried oregano) 80g bag baby spinach 50g/2oz Parmesan (or Vegetarian alternative), grated 125g ball mozzarella, torn into pieces 4 large eggs

- 1 Pour 150ml boiling water into a jug with the milk and sugar. Sprinkle in the yeast and leave to stand for 10 mins or until frothy. 2 In a large bowl, stir together the flour and 1 tsp salt, then make a well in the centre. Pour in the olive oil, followed by the yeast mixture. Stir well, then knead together in the bowl to form a soft dough.
- **3** Transfer to a floured surface and knead for 10 mins. Put the dough in a bowl, cover with cling film and leave in a warm place for 1 hr.
- **4** Peel the tomatoes by scoring the skins with a cross, putting them in a bowl and pouring over just-boiled water. Drain the water after 2-3 mins and the skins will peel away easily. Coarsely grate the tomatoes, then stir in the garlic and oregano. Blanch the spinach by drenching it in boiling water in a colander over the sink. Leave the spinach until it's cool enough to handle, then squeeze out any excess moisture.
- **5** Heat oven to 220C/200C fan/gas 7. Divide your dough into 4 and shape each piece into a ball. Roll the bases out flat to about 25cm diameter and dimple the surfaces with your fingers. Spread each one with the tomato paste, season, then divide the cooked spinach between the 4 pizzas. Top with grated Parmesan and torn mozzarella.
- 6 Slide the pizzas directly onto hot oven shelves or baking sheets. Bake 2 at a time for 5 mins, then nudge the toppings away from the centre slightly to create a gap in which to crack the eggs. Return the pizzas to the oven to finish cooking they should take another 6-7 mins, depending on how you like your yolk. PER PIZZA energy 728 kcals fat 22g saturates 10g ●

carbs 94g • sugars 6g • fibre 5g • protein 35g • salt 21g



Taste team comment
'I liked making something different
with eggs, as I would never have put

them with garlic and oregano. I enjoyed the pizza. Great for a Sunday brunch.' ANN



#### Spanish tortilla

SERVES 4 PREP 30 mins COOK 50 mins

A LITTLE EFFORT V 10F5 GLUTEN FREE

1 large white onion, sliced
4 tbsp olive oil
25g/1oz butter
400g/14oz waxy potatoes, peeled,
quartered and finely sliced
6 garlic cloves
8 eggs, beaten
handful flat-leaf parsley, chopped,
plus extra to serve
TO SERVE (OPTIONAL)
1 baguette, sliced
4 vine tomatoes, peeled and coarsely
grated (see step 4 of Eggs Florentine
pizza recipe, left)

1 Put a large non-stick frying pan on a low heat. Cook the onion slowly in the oil and butter until soft but not brown this should take about 15 mins. Add the potatoes, cover the pan and cook for a further 15-20 mins, stirring occasionally to make sure they fry evenly.

drizzle of olive oil

- **2** When the potatoes are soft and the onion is shiny, crush 2 garlic cloves and stir in, followed by the beaten eggs.
- **3** Put the lid back on the pan and leave the tortilla to cook gently. After 20 mins, the edges and base should be golden, the top set but the middle still a little wobbly. To turn it over, slide it onto a plate and put another plate on top, turn the whole thing over and slide it back into the pan to finish cooking. Once cooked, transfer to a plate and serve the tortilla warm or cold, scattered with the chopped parsley.
- **4** To accompany, take slices of warmed baguette, stab all over with a fork and rub with the remaining garlic, pile on grated tomatoes and season with sea salt and a drizzle of olive oil.

**PER SERVING** energy 404 kcals • fat 27g • saturates 8g • carbs 22g • sugars 4g • fibre 3g • protein 16g • salt 0.5g



To watch a video of Barney Desmazery, our Senior food editor, making Spanish tortilla, download the March issue of the *Good Food* app from the Apple App Store. It's now also available on certain Samsung devices, through the Papergarden app.

#### Soufflé mac 'n' cheese

My take on a family favourite by Delia Smith, with ham hock and chunks of cheddar for extra indulgence.

SERVES 8 PREP 30 mins COOK 40 mins

A LITTLE EFFORT CALCIUM FOLATE 10F5 ADAY

25g/1oz butter 1 tbsp olive oil 200g/7oz shallots, sliced 2 garlic cloves, crushed 500g/1lb 2oz pasta tubes 2 tbsp flour 500ml/18fl oz whole milk 140g/5oz Gruyère, grated 4 eggs, separated 1 tbsp Diion mustard 1 tsp grated nutmeg 180g pack cooked pulled ham hock 100g/4oz mature cheddar, chopped into chunks FOR THE SALAD 1 tbsp Dijon mustard 3 tbsp cider vinegar 100ml/31/2fl oz sunflower oil 1 tbsp snipped chives 1 thsp chopped tarragon 1 round lettuce, shredded

1 Melt half the butter with the olive oil in a large saucepan, then add the shallots. Cook until soft and golden, then stir in the garlic before tipping everything into a large bowl.

2 Little Gem lettuces

- **2** Put the pasta in a large saucepan filled with boiling water. Cook for 2 mins less than instructed on the pack. Heat oven to 200C/180C fan/gas 6.
- **3** Return the pan you used for the shallots to the heat and add the rest of the butter, followed by the flour. Stir well, then add the milk gradually, stirring all the time, to make a smooth, glossy white sauce. Once all the milk has been added, tip in the shallots and garlic, followed by a third of the Gruyère. Take the pan off the heat and mix in the egg yolks, Dijon and nutmeg, then season well.
- **4** Drain the cooked pasta, lay it in a deep casserole dish and mix in the ham hock and cheddar chunks. Whisk up the egg whites to stiff peaks and stir a dollop into the cheese sauce mixture in the pan. Now fold in the rest without knocking out too much air. Pour the sauce over the pasta, ensuring it fills all the gaps, gently easing the sauce to the bottom of the dish don't over mix. Sprinkle with the rest of the Gruyère and bake for 15-20 mins or until the cheese on the top has melted and become golden.
- **5** Meanwhile, make the salad dressing. Combine the Dijon and cider vinegar in a large bowl, then gradually whisk in the sunflower oil until all the oil is added and the dressing has emulsified. Season and stir in the herbs. Toss most of the dressing through the salad leaves, and serve extra on the side. Serve with the mac 'n' cheese.

**PER SERVING** energy 560 kcals • fat 32g • saturates 12g • carbs 43g • sugars 6g • fibre 2g • protein 24g • salt 1.9g







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meridian: nuts about nuts









When I began creating recipes for this feature, I felt like Baldrick, the character

#### from *Blackadder*, lusting after his beloved turnip.

Compared with a crinkly Savoy, black cavolo nero, spring greens and even crisp red and white varieties, a plain old cabbage with a round head of tightly packed green leaves can seem an unlikely object of desire. But I'm not alone in my love of the humble vegetable.

Eating out recently, I enjoyed a stand-alone dish that was simple yet stunning – no more than a wedge of steamed and buttered green cabbage with toasted nuts and sharp cheese. It was fresh, expertly cooked and seasoned, and hands-down the winning plate that evening.

Most of the brassica family, to which cabbage belongs, go well with a few usual suspects: pork, garlic and spice; sharp dressings; apple; cream. However firm, round cabbage (Tundra is a common variety) is often tinged with bad food memories and left on the shelf. Overdone cabbage will quickly give the house an institutional whiff, so steaming, roasting and stir-frying are all great ways to bring it back to your cooking in a fresh new way, plus retain its valuable vitamins.

Roasting keeps cabbage sweetly peppery and just tender inside, while the outside becomes crisp and a little like bubble & squeak. I like to use it in stir-fries instead of broccoli or green beans; bake it with cream instead of using fennel and cover with cheesy crumbs; and it's wonderful raw too. I take the fight out of the shredded leaves by massaging with lemon or vinegar and letting them stand for a few minutes.

Keep your cabbage in the cool, trim away any particularly leathery outer layers, wash well, and that's about it in terms of prep. Remove the core (and any thick ribs) if you are shredding your cabbage, but otherwise leave it in as a useful anchor for the leaves.

The timings in these recipes are based on firm cabbages with tightly packed leaves in the middle. If you are using a looser type of cabbage, you may need to reduce the cooking times a little.



#### Sausages with braised cabbage & caraway

Caraway seeds are often paired with cabbage and pork in German cookery, and give a unique sweetly aromatic note to the rich onion cream sauce. It's a dish that depends on the quality of its parts, so use good sausages and a fresh, gelatinous stock if you can. Serve with mash and mustard, and a cold wheat beer, if you like.

SERVES 4 PREP 5 mins COOK 30-40 mins

EASY VIT C A DAY 
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1 tsp vegetable oil
8 good-quality, large pork sausages, or
Bratwurst
1 tbsp butter
2 onions, halved then thinly sliced
2 tsp caraway seeds
1/2 firm, round cabbage, cut through the
core into 4 wedges
300ml/1/2pt good-quality chicken stock
3 tbsp crème fraîche
mashed potatoes and medium-hot
mustard, to serve

- 1 Heat the oil in a large frying pan. Add the sausages and fry them over a medium-high heat for 10 mins, turning as they take on colour. Remove from the pan, then wipe out the pan with kitchen paper.
- **2** Melt the butter in the pan and tip in the onions. Season, cover and cook for 10 mins, stirring a few times during cooking, until the onions are softening and dark golden here and there.
- **3** Sprinkle the caraway seeds into the onions, fry for 2 mins more, then nestle the cabbage wedges into the pan. Pour in the stock, pop on the lid and simmer for 5 mins. Add the sausages to the pan and cook for 10 mins more until the cabbage is tender but still holding some of its green colour, and the sausages are cooked through. Spoon in the crème fraîche and shake the pan a few times to help it mix into the rich onion sauce below. Serve in wide bowls with mashed potatoes and mustard.

**PER SERVING** energy 507 kcals • fat 38g • saturates 16g • carbs 21g • sugars 12g • fibre 5g • protein 18g • salt 2.7g



#### Cabbage steaks with apple, goat's cheese & pecans

Slabs of roasted cabbage make an unlikely yet delicious base for this new veggie dish. You can find larger logs of goat's cheese on most deli counters – I use this for a visual reason really, as one big slice looks generous and covers the cabbage nicely. If you can only find individual 100g cheeses, cut them into four slices each and put three on top of each steak.

**SERVES** 4 as a light meal or side **PREP** 10 mins **COOK** 35 mins



1 firm, round cabbage
2 tbsp olive oil
1 tangy red-skinned apple (I used Jazz)
1 tsp cider vinegar
about 300g/11oz goat's cheese (one with a
rind from the cheese counter) cut into
four thick slices (I used Soignon)
25g/1oz pecans, roughly broken
a few thyme sprigs, leaves only
good pinch of cayenne pepper or
hot smoked paprika
1 tbsp maple syrup

- 1 Heat oven to 200C/180C fan/gas 6. Cut 4 x 2cm slices from the middle of the cabbage, cutting through the central core and leaving it in. Brush all over with nearly all the oil, season well, and place on a baking tray. Roast for 20 mins, turning carefully using a fish slice or wide spatula halfway through cooking.
- **2** While you wait, thinly slice the apple, leaving the skin on, then toss in a bowl with the vinegar and what's left of the oil.
- **3** Layer the apples on top of the cabbage steaks, roast for 5 mins more, then top each steak with a wheel of cheese. Divide the nuts, thyme leaves and cayenne between each mound. Roast for a final 5 mins until the cheese is starting to melt and the pecans are toasted. Drizzle with the maple syrup and eat straight away.

**PER SERVING** energy 417 kcals • fat 30g • saturates 15g • carbs 14g • sugars 13g • fibre 7g • protein 19g • salt 1.2g

#### Cabbage & red rice salad with tahini dressing

I serve this Middle Eastern-style dish with a mound of quickly fried spicy prawns (garlic, smoked paprika and cumin, with a squeeze of lemon to finish). It would be equally good with any fish, chicken or even griddled halloumi. For lunchboxes, keep the dressing in a separate pot and toss everything together just before eating.

SERVES 4-6 as a side PREP 15 mins COOK 35-45 mins

EASY V VIT C 10F5 GLUTEN SE

200g/7oz red Camargue rice (I used red Camargue & wild rice from Waitrose), or use normal brown long-grain

350g/12oz firm, round cabbage, shredded

bunch spring onions, thinly sliced zest and juice 1 large lemon

3 tbsp extra virgin olive oil, plus extra to serve (optional)

1 tsp clear honey

1 tbsp tahini paste

100g/4oz Greek-style natural yogurt

1 garlic clove, crushed

50g/2oz dried cranberries or currants

2 tbsp pine nuts or a handful of walnut pieces

1/2 x 20g pack dill or parsley, roughly chopped

1 Cook the rice following pack instructions. Meanwhile, put the cabbage and spring onions in a large bowl with the lemon zest, half the lemon juice, 1 tbsp oil and a good pinch of seasoning. Massage it all into the cabbage and set aside.

**2** Whisk together the rest of the lemon juice and oil plus the honey, tahini, yogurt and garlic, then loosen with 2 tbsp water. Season to taste.

**3** When the rice is tender, drain in a sieve, rinse briefly under the cold tap, then let it drain well. Tip the just-warm rice into the cabbage, adding most of the cranberries, nuts and herbs too. Now pour in most of the tahini dressing and mix. Pile onto a serving plate, then sprinkle with the remaining ingredients and drizzle with the final few spoonfuls of dressing and a slug more oil, if you like.

**PER SERVING** energy 280 kcals  $\bullet$  fat 12g  $\bullet$  saturates 2g  $\bullet$  carbs 36g  $\bullet$  sugars 10g  $\bullet$  fibre 3g  $\bullet$  protein 6g  $\bullet$  salt none





# Seasonal Colocal Colocal

## Veg box challenge

This tender green leaf, with a distinctive iron-rich taste, is available year-round, but for the freshest, most tender leaves, pick up a bag in the spring. The mild young leaves (known as baby spinach) can be eaten raw, while older, larger spinach leaves are best cooked.

Due to the high water content, it will reduce to a quarter of its size when cooked. Wash thoroughly to remove any grit, and cook quickly by steaming, stir-frying or sautéing. Finish with a knob of butter and sea salt.

Green smoothie Blend raw baby spinach, avocado, banana and

**pineapple** with **1 tsp coconut oil** for a tropical, protein-filled breakfast.

Penne Florentine Coat your penne or pasta of choice with a creamy tomato sauce and toss through handfuls of spinach to wilt.

Garlic Melt a knob of butter and a drizzle of olive oil in a large frying pan, add slices of garlic and cook until golden. Tip handfuls of spinach in, cook until just wilting, then season.

#### Purple sprouting broccoli

These leafy florets, at their best between February and April, are especially tasty when young and tender. Look out for dark green and purple

florets, and discard any plants with wilted stems or yellow and brown florets.

Trim the stem ends and any tough outer leaves and rinse under cold water before cooking. You can steam, boil, stir-fry or roast, and serve with any fish or meat dish for an extra helping of vitamin C. Warm salad Boil trimmed **florets** in lightly salted boiling water until tender, then drain well. Drizzle

with garlic-infused olive oil, grate over Parmesan shavings and top with toasted nuts of your choice. Asian-style side Stir-fry purple sprouting broccoli in a little oil over a high heat for a few mins. Add finely chopped chilli, a crushed garlic clove, and some grated ginger. Toss together and sprinkle with sesame seeds.

**Fondue** Roast **florets** in a 200C oven for 8-10 mins and serve with baked **Camembert** to dip.

#### **Spring onions**

Known as scallions in the US or green onions, spring onions are available all year, but taste best in spring and early summer. They are white onions that have been harvested at a young age and belong to the same family as garlic, leeks, shallots and chives. Pick onions with straight leaves and white bulbs. Trim off the hairy root and remove any dry or slimy outer leaves.

When served raw, or very lightly cooked, they have a mild flavour that is less overpowering than white onions.

Champ Stir sliced spring onions and mature cheddar into your mash for a fuller flavour.

Wrapped and roasted Wrap cleaned, whole spring onions in slices of pancetta, line up on a baking tray and drizzle with olive oil. Roast for 20 mins at 180C until golden and crisp, and serve alongside fish or on top of a cheesy risotto.

Dressing Combine 2 parts olive oil, 1 part sesame oil and 1 part white wine vinegar with crushed garlic and grated ginger. Add sliced spring onions

for a Japanese-style dressing for fish or vegetables.

#### Meat the challenge

Meat Free Week (23-29 March) aims to get us thinking about how much meat (and fish) we eat, and the impact it has on our health, the welfare of animals and the environment.

The challenge is to go without meat for a week, then in future eat less and buy better quality.

The initiative, already a success in Australia, has the backing of chefs, including Jamie Oliver, Antonio Carluccio and Thomasina Miers, as well as food, farming and health professionals. Chef Bruno Loubet says: 'We all need to seriously reconsider the quantity of our meat consumption - it's just not sustainable anymore.'

For more info, visit meatfreeweek.org.

#### SEA TROUT SWIMS IN

In west Wales, food lovers await the arrival of the first migratory sewin – or sea trout – with as much excitement as the first asparagus, hailed as a sign that spring is on the way. But for Scott Davis, Welsh artisan fish curer and chef, the appearance of this delicately flavoured pink-fleshed fish also signals the start of a busy season of smoking and curing.

Scott (pictured centre), who also makes pâtés and terrines in his kitchen near Carmarthen, smokes the sea trout lightly over Welsh oak from nearby Talley. The smoked sea trout is one of his bestsellers. 'I love it with freshly baked soda bread, beetroot and horseradish,' he says. 'Sewin has an amazing dense texture and is slightly less fatty than salmon.'

The sewin are caught from basket-style coracles that float down the Welsh tidal rivers from the start of March or April, when the fishing season begins. The coracle fishermen work in pairs, suspending a net between them.

Numbers of fishermen and trout caught are strictly controlled, with each fish being tagged so that it can be traced to a specific river. Many of the fishermen

who catch sea trout for Scott belong to families, including Scott's own, who have been using coracles since the 18th century. Sewin caught in coracles are so special that the fishermen of west Wales are applying to gain PGI (protected geographical indication) status, expected to be

Scott sells his produce online, through delis and stores, including Fortnum & Mason. You can also buy directly from <code>cnwd.bigcartel.com</code>.



#### CHEF'S NOTEBOOK



Shaun Hill is chef-patron of the Michelin-starred Walnut Tree Inn (thewalnuttreeinn.com) near Abergavenny. His previous restaurant, the Michelin-starred Merchant House, helped to put Ludlow on the food map. He tells Clare Hargreaves about his food haunts and favourites.

Earliest food memory My mum was a wonderful person but she was not a cook, although she did make decent soda and

although she did make decent soda and potato breads. One day





my dad appeared with some live eels. My mother had been brought up in Connecticut, so didn't have a clue what to do with them. She rang my uncle and asked him to come to cut them up.

Most memorable meal This was about 20 years ago, at the Fischerzunft hotel on the Rhine in Switzerland - it was a fabulous fish buffet, with each course totally different from the one before. Ever since I've made a version at home on Christmas Eve.

Top restaurant This has to be Koffmann's (the-berkeley.co.uk). It's the best food in London and good value. I reckon Pierre Koffmann is near the top, along with the Roux family. His cooking still has an element

of rusticity, which I love, and it's not fussy but has confidence. I used to go to La Tante Claire - Koffmann's previous three-Michelinstarred restaurant - but since he moved to the Berkeley hotel, I've eaten there four or five times a year. I always have the same: Langoustine ravioli in bisque, Stuffed pig's trotter and Pistachio soufflé.

London on a budget I love Soho cafés, or places with a similar feel, such as 10 Greek Street (10greekstreet.com), Bocca di Lupo (boccadilupo.com), Barrafina (barrafina.co.uk), Polpo (polpo.co.uk) and Russell Norman's latest place, Spuntino (spuntino.co.uk) - we've borrowed one of their cocktails at the Walnut Tree Inn. I also love Lyle's (lyleslondon.com) in Shoreditch. Best cuisine It has to be northern Italian. It's a home-based food, perhaps because most restaurants are headed up by female

Most chefs my age have packed it in. What on earth would I do if I retired?

chefs. They use first-class ingredients, then put their heart into it rather than trying to show off - when I eat out, I don't want to be amazed or threatened, I want to enjoy it. One of my favourite restaurants in northern Italy is Dal Pescatore (dalpescatore.com), which has a female chef, Nadia Santini. I had the tasting menu, which had lovely changes in tempo and texture - it's food that's good to eat rather than to photograph.

Favourite food Offal. I love the variety

of textures. I'm particularly keen on white offal such as sweetbreads, which are always on our menu. I blanch them, then pan-fry them so they're crisp on the outside and soft on the inside, and I serve them with a potato & olive cake, a warm mustardy dressing and a bit of sauerkraut. I also rate kidney and liver; I reckon chicken liver is the most amazing bargain – you can make wonderful risottos with it.

Cooking at home I always make Sunday lunch for as many of the family as want to come. It's a pleasant, leisurely experience. We start around 3pm and finish about 6pm. I cook things like cassoulet or a whole ham. I also love fish, so I often make a stew. What's next Most chefs of my age have packed it in or are off pontificating about food. But what on earth would I do if I retired? When I'm too old to keep going at the stove, I'll do something peripheral. That won't be for a while yet.

#### COMMUNITY HERO



During her career as an interior designer, the only plants Estelle Brown (left) dealt with were those printed on fabrics and, by her own admission, she was a dismal gardener and cook. Now she gets her hands dirty growing edible plants all over her West Yorkshire home town of Todmorden.

Seven years ago, Estelle and a group of like-minded townsfolk decided self-reliance in

food was vital to the formerly rich mining town. So they planted herbs, vegetables and rhubarb in public places, from car parks to the health centre, the railway station and police station. Townspeople can pick and eat the crops when they wish, and all the local schools are now involved. 'We call them propaganda gardens, because when people see them, they're inspired to grow food in their own gardens at home, just as I was,' says Estelle.

The project Incredible Edible
Todmorden
(incredible-edibletodmorden.co.uk)
- quickly attracted
visitors from all over
the world, keen to
translate the model
elsewhere. So Estelle
started running
'vegetable tours'.



money, they pay. If not, they bring seeds. Last year we had 1,000 visitors, bringing in £10,000, which we put back into the community.' Vegetable tourism has had a beneficial effect on hotels, restaurants, cafés and the town's indoor market of local food producers.



#### Netherend Farm netherendfarmbutter.co.uk

Gloucestershire dairy farmers Wyndham and Linda Weeks found demand for skimmed and semi-skimmed milk meant lots of cream left over, so they used it to make butter. Chefs and others loved it, so the couple decided to concentrate on butter-making, buying in cream from a local dairy and churning it in small batches the traditional way. Find Netherend's lightly salted and unsalted butters (organic and non-organic) in delis, Waitrose and some Tesco branches.

#### Abernethy Butter abernethybuttercompany.com

This small company based in County Down, Northern Ireland, was a finalist in the 2014 BBC Radio 4 Food and Farming Awards. Abernethy make its butter by hand using traditional methods with cream from a local farm. It's then patted by hand into rolls, ready for wrapping. It claims to be the only firm in Northern Ireland making butter this way.

Lincolnshire Poacher *lincolnshirepoachercheese.com*You'll have heard of the cheese, made with milk from Ulceby Grange
Farm's own cows. Equally fabulous is its butter crafted from the

Farm's own cows. Equally fabulous is its butter, crafted from the cream left in the whey after the milk is separated into curds and whey during cheesemaking. It's matured for a few days, then churned and patted by hand using wooden butter pats. It's sold at Lincolnshire farmers' markets and farm shops. Fans include chefs Sat Bains and Heston Blumenthal.



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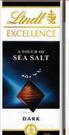






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#### FOOD LOVERS' WEEKEND

## Oxford

Forget the starched white tablecloths – the best cooking amid Oxford's dreaming spires is in relaxed, homely places you might not find in the guidebooks.

Clare Hargreaves shares her favourites



Friday night bite The pleasingly

short menu at
Turl Street Kitchen

(turlstreetkitchen.co.uk), which changes twice a day, signals that chef Carl Isham's priorities are freshness, seasonality and local sourcing.

This relaxed all-day café-restaurant – across three floors of a Georgian townhouse in the heart of the city – has been wowing with its honest cooking since it opened in 2011. Well-priced supper dishes might include a Braised lamb shoulder with spring veg, sourced from Sandy Lane Farm, while puddings could include Beetroot ripple iced parfait. There are ace cocktails too. If you're there at elevenses or teatime, relax on the sofas with coffee and cake. Profits go to the Students' Hub, a collection of student-run charities, so you can indulge with a clear conscience.

If you prefer a pub atmosphere with stonking food, head for **The Rickety Press** gastropub (*thericketypress.com*) in the sleepy but central suburb of Jericho.

#### Shops and markets

Oxford's unmissable foodie landmark is its Covered Market (oxford-coveredmarket. co.uk), where shops such as butcher M Feller, Son & Daughter (mfeller.co.uk) have been trading forever. Snap up some Oxford Blue at the Oxford Cheese Company (oxfordcheese.co.uk) stall too. For loose-leaf Jeeves & Jericho teas and the best pork pies, head to

Branca deli (branca.co.uk)
on Walton Street - or,
if you're after artisan
bread (maybe with coffee,
or homemade soup),
make your way to
The Natural Bread
Company (natural
breadcompany.co.uk) on
Little Clarendon Street.

On the second or fourth Saturday of the month, there's a lively market on **North Parade** 

(northparademarket. com), where local producers sell everything from venison to shellfish, duck eggs and cheese. My favourite is

(barefoot-kitchen.co.uk).

Its fabulous salted caramel brownies and other organic cakes are also stocked in Number Two North Parade

(2northparade.com), a deli selling local fruit, veg, cheese, pâtés, breads and more.

#### Lunch in the vaults

The Vaults & Garden café (thevaultsand garden.com), in the 1320-built vaults of the university's Old Congregation House, offers both home-cooked food at sensible prices and an unrivalled location between the Radcliffe Camera and the High Street. There are usually four-to-five mains daily (including a vegetarian option), plus great soups, cakes and puds. When the weather is fine, you can sit outside.









#### Feast from the East

Oli's Thai (olisthai.co.uk) has just five tables and simple yet delicious, affordable cooking. Located on Magdalen Road, it's owned by Rufus Thurston and his Thai wife, Ladd. Our favourite was the creamy Aubergine curry. As the place is so tiny, it is essential to book in advance.

Pop into the **Rusty Bicycle** (therusty bicycle.com), a few doors down, for a drink - great atmosphere, beers and ciders.

#### Afternoon tea

**The Missing Bean** (themissingbean. co.uk), pictured below, a few doors from the Turl Street Kitchen, does a brilliant Lime & courgette cake and other homemade confections.

For French perfection, head to the original Maison Blanc patisserie (maisonblanc.co.uk) on Woodstock Road, established in 1981 by Raymond Blanc's ex-wife. The chef's two-Michelin-starred Le Manoir aux Quat'Saisons (belmond.com) is just outside Oxford.

#### Best for brunch

If you're an egg-loving bruncher in search of a relaxed vibe and fresh, ethically sourced food, you're spoilt for choice.

Cowley Road offers **Door 74** (door74.co.uk), where you can go the whole hog with the full English or French toast, or try the veggie option, which includes carrot fritters.

Another favourite is **Oxfork** (oxfork.co.uk), a bohemian café on Magdalen Road - try the Eggs Benedict and Eggs Royale, using eggs from nearby Willlowbrook Farm. If brunch melts into lunch, there are plenty of great-value specials.

#### Sunday lunch

With its mismatched tables and high decibel levels, **The Magdalen Arms** (*magdalenarms.com*) is a lively gastropub on the corner of Magdalen Road in east Oxford. I particularly love its sturdy Sunday roasts. Menus change twice daily. The puds are good too - try the Chocolate fondant & salted caramel ice cream or the Steamed ginger pudding.

#### Where to stay

Fancy a spot of luxury? The recently refurbished **Old Parsonage Hotel** (oldparsonage-hotel.co.uk), housed in a wonderful 17th-century building, has 35 plush rooms, starting at £185 without breakfast.

For a mid-range option, book **The Tower House** (towerhouseoxford.co.uk), a tiny
B&B in a medieval building in Ship Street,
bang in the centre. Simple rooms, some en
suite, others sharing bathrooms, from £95,
including breakfast at Turl Street Kitchen.

• The Oxford Literary Festival runs 21-29 March (oxfordliteraryfestival.org)

# dimersion?

For 60 years, the National Food Survey revealed a fascinating potted history of Britain's daily meals. Set up during the Second World War, it expanded throughout the 1950s to cover 8,000 families each year until the millennium. Here's a snapshot of what many of us were eating and cooking decade by decade



#### THE AUSTERITY

50<sup>s</sup>

This menu is from 1952, when the country was still deep in the grip of post-war rationing. In order to conserve precious wheat supplies, the wartime government set milling standards so that all flour was wholemeal. This meant that the grain went further, and we had 'National Flour' making the national loaf.

Strict rationing continued in some form until 1954 and the home cook had to contend with limited ingredients, a badly

equipped kitchen – and no fridge. Shopping for food and preparing every meal from scratch was a monotonous daily chore. In 1950, seven out of 10 husbands still came home for their midday meal, although more and more children were eating their lunch at school. Nearly all of us washed down every meal with a cup or two of hot sweet tea.

Liver & onion stew with mashed potato

Mashed turnip dumplings (made from 'National Flour' and margarine)

> Tea with milk & sugar



#### SUPERMARKETS AND SELF-SERVICE



Meat pie, potatoes, cauliflower & (frozen) peas

> Apple pie with custard

Cocoa or tea with milk & sugar





and choice. One piece of kitchen equipment that transformed the way

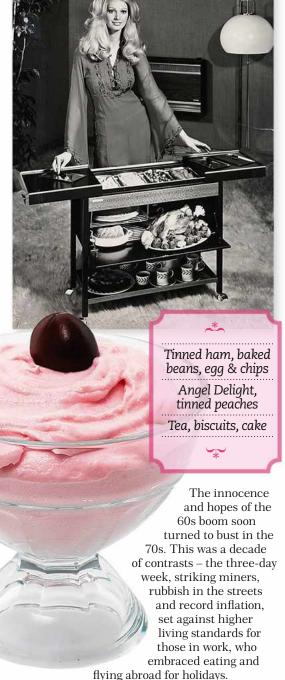
we ate at home was the fridge. By 1962, a third of all homes had one, rising to half by the end of the decade. Now families could splash out on new foods such as fish fingers, frozen chips and, for a special treat, an Arctic roll, increasingly bought at one of the growing number of self-service grocery stores or supermarkets.



otographs ALAMY, GETTY IMAGES, REX FEATURES

#### THE TIME-SAVING

## 70<sup>s</sup>



With more women out at work, convenience became king and we lapped up food products and gadgets that promised to make life easier and save us precious time. Tinned goods and frozen foods such as boil-in-the-bag fish, hamburgers and breaded scampi (this was the decade of the freezer) gave busy mums the flexibility to get a meal on the table in minutes rather than hours.







This menu from 1990 is fairly traditional but, as the decade went on, it became defined by fast food and eating on the move.

Sushi was the ideal lunch for timepressed, health-conscious workers. But it was also boom time for pizza – during the 1996 football World Cup, sales of pizza soared, both in supermarkets and takeaways.

At home, we gorged on cookery shows, but many of us cooked for ourselves less. Chefs took over prime-time TV and, for the first time, cookbooks entered the bestseller lists. We still watched Delia, but a younger crop of cooks like Jamie and Nigella redefined food as fun and cool. Cooking was now presented as a lifestyle choice.

Mealtimes at home became increasingly split between midweek convenience and weekend leisure cooking for pleasure, and to bring the family together – particularly to enjoy a Sunday roast.

Back in Time for Dinner by Mary Gwynn (£20, Bantam Press) accompanies a forthcoming sixpart BBC Two series, presented by Giles Coren.

mousse,

ice cream

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Recipes EMILY KYDD Photographs ROB STREETER



Potato & pesto pizza

SERVES 2 PREP 15 mins COOK 35 mins



200g/7oz baby potatoes 145g pack ciabatta bread mix 1 tsp olive oil, plus extra for greasing 2 tbsp green pesto 125g ball mozzarella, grated large handful rocket

- 1 Bring a pan of salted water to the boil, drop in the potatoes and simmer for 15 mins or until tender. Drain and leave to cool a little, then slice.
- 2 Meanwhile, heat oven to 220C/200C fan/ gas 7. Prepare the bread mix following pack instructions. Roll out into a rough circle, about 28cm diameter, then transfer to an oiled baking tray. Set aside for 15 mins.
- **3** Spread the pesto over the pizza base. Scatter over half the mozzarella. Top with the potatoes and remaining cheese. Drizzle the oil over the potatoes and bake for 15-18 mins or until the crust is golden and the cheese bubbling. Scatter over the rocket and a good grinding of black pepper before serving.

PER SERVING energy 522 kcals • fat 26g • saturates 11g • carbs 49g • sugars 3g • fibre 3g • protein 22g • salt 2.1g

#### Chorizo, ricotta & spinach pasta bake

SERVES 4 PREP 5 mins COOK 30 mins

EASY CALCIUM 🞇

400g/14oz penne 1 tbsp olive oil 140g/5oz small chorizo sausages, diced 180g bag baby spinach 2 garlic cloves, crushed 250a tub ricotta 2 tbsp milk zest 1/2 lemon 25g/1oz Parmesan, finely grated

- 1 Heat oven to 200C/180C fan/gas 6. Bring a large pan of water to the boil and cook the pasta following pack instructions. Drain, reserving 1 tbsp of the cooking water. Meanwhile, heat the oil in a large frying pan, add the chorizo and cook for 3-4 mins until crisp. Throw in the spinach, garlic and some seasoning, and cook until just wilted. Tip into a bowl with the pasta and the reserved 1 tbsp cooking water, then mix well.
- 2 Mix the ricotta, milk and lemon zest together with some seasoning. Spoon half the pasta into a gratin dish and spoon over half the ricotta mix. Top with the remaining pasta and dollop over spoonfuls of the remaining ricotta. Scatter with the Parmesan and bake for 15 mins until the cheese has melted. Grind over some black pepper before serving.

**PER SERVING** energy 538 kcals • fat 22g • saturates 9g • carbs 56g • sugars 5g • fibre 1g • protein 27g • salt 1.0g



#### £1.72 per serving

Asian pulled chicken salad

SERVES 5 PREP 20 mins NO COOK EASY CAL VIT C 10F 5 GOOD W

- 1 small roasted chicken, about 1kg/2lb 4oz 1/2 red cabbage, cored and finely sliced 3 carrots, coarsley grated or finely shredded
- 5 spring onions, finely sliced on the diagonal
- 2 red chillies, halved and thinly sliced small bunch coriander, roughly chopped, including stalks
- 2 heaped tbsp roasted salted peanuts, roughly crushed FOR THE DRESSING 31/2 tbsp hoisin sauce 11/2 tbsp toasted sesame oil
  - 1 Combine the dressing ingredients in a small bowl and set aside.
  - 2 Remove all the meat from the chicken, shred into large chunks and pop in a large bowl. Add the cabbage, carrots, spring onions, chillies and half the coriander. Toss together with the dressing and pile onto a serving plate, then scatter over the remaining coriander and peanuts.

PER SERVING energy 352 kcals • fat 19g • saturates 4g • carbs 14g • sugars 11g • fibre 5g • protein 29g • salt 0.8g



serving



SERVES 4 PREP 10 mins COOK 15 mins

EASY V CAL FIBRE 2 OF 5 1

3 tbsp toasted sesame oil 2 aubergines, cut into small chunks 4 nests medium egg noodles (about 250g/9oz)

1 garlic clove

thumb-sized piece ginger, grated

2 tsp Chinese five-spice powder

3 tbsp soy sauce

3 tbsp sweet chilli sauce

160g pack marinated tofu pieces (we used Cauldron)

225g/8oz frozen peas, defrosted 3 spring onions, shredded



#### £1.39 per serving

- 1 Heat a wok over a high heat and add 2 tbsp of the oil. Throw in the aubergine and cook, stirring, for 8-10 mins or until it has browned and softened completely, then season. Meanwhile, cook the noodles following pack instructions.
- **2** Remove the aubergine from the pan and add the remaining oil. Cook the garlic and ginger for 30 secs, then stir in the five-spice. Spoon in the soy and chilli sauce, stir and bubble for 30 secs.
- 3 Throw in the tofu, peas and aubergines, and heat through. Add the noodles and toss everything together. Divide between bowls and scatter over the spring onions.

PER SERVING energy 461 kcals • fat 14g,• saturates 3g • carbs 59g • sugars 13g • fibre 12g • protein 18g • salt 2.5g

#### £1.37 per serving

Spicy turkey sweet potatoes

SERVES 4 PREP 5 mins COOK 45 mins EASY LOW CAL FIBRE A DAY \* mince only

4 sweet potatoes 1 tbsp olive oil 1 onion, finely chopped 1 garlic clove, crushed 500g pack turkey thigh mince 500g carton passata 3 tbsp barbecue sauce 1/2 tsp cavenne pepper 4 tbsp soured cream 1/2 pack chives, finely snipped

Prick the potatoes, place on a baking tray and bake for 45 mins or until really soft. 2 Meanwhile, heat the oil in a frying pan, add the onion and cook gently for 8 mins until softened. Stir in the garlic, then tip in the mince and stir to break up. Cook over a high heat until any liquid has evaporated and the mince is browned, about 10 mins. Pour in the passata, then fill the carton a quarter full of water and tip that in too. Add the barbecue sauce and cavenne. then lower the heat and simmer gently for 15 mins, adding a little extra water if needed. Taste and season.

**3** When the potatoes are soft, split them down the centre and spoon the mince over the top. Add a dollop of soured cream and a sprinkling of chives.

PER SERVING energy 464 kcals • fat 10a • saturates 4a • carbs 58a • sugars 35g • fibre 10g • protein 31g • salt 0.9a

Pork & parsnip traybake

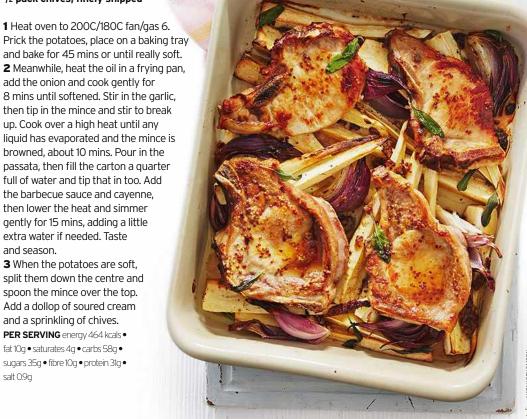
SERVES 4 PREP 10 mins COOK 40 mins EASY FIBRE 2 OF 5 GOOD 3

4 large parsnips (about 500g/1lb 3oz), peeled and cut lengthways into 6 2 red onions, each cut into 8 wedges through the root 21/2 tbsp olive oil 11/2 tbsp wholegrain mustard 4 pork chops, fat trimmed 11/2 tbsp clear honey small handful sage leaves

1 Heat oven to 220C/200C fan/gas 7. Put the vegetables in a roasting tin, season and toss with 2 tbsp oil and 1 tbsp mustard. Roast for 20 mins. Meanwhile, place a frying pan over a high heat. Season the pork chops and rub with the remaining oil. Fry the chops for 30 secs-1 min each side until just browned turn on their sides to brown any fat. **2** Stir the veg, then place the chops on top

and rub them with the remaining mustard. Roast for a further 15 mins. Drizzle with honey and scatter over the sage, then return to the oven for 5 mins or until the pork is cooked through. Serve with the juices from the tin.

PER SERVING energy 574 kcals • fat 29g • saturates 5g • carbs 26g • sugars 16g • fibre 9g • protein 47g • salt 0.7g



£1.54 per serving



#### Kale & salmon kedgeree

SERVES 4 PREP 10 mins COOK 30 mins EASY HEART

300g/11oz brown rice 2 salmon fillets (about 280g/10oz) 4 eggs 1 tbsp vegetable oil 1 onion, finely chopped 100g/4oz curly kale, stalks removed, roughly chopped 1 garlic clove, crushed 1 tbsp curry powder 1 tsp turmeric zest and juice 1 lemon

- **1** Cook the rice following pack instructions. Meanwhile, season the salmon and steam over a pan of simmering water for 8 mins or until just cooked. Keep the pan of water on the heat, add the eggs and boil for 6 mins, then run under cold water.
- 2 Heat the oil in a large frying pan or wok, add the onion and cook for 5 mins. Throw in the kale and cook, stirring, for 5 mins. Add the garlic, curry powder, turmeric and rice, season and stir until heated through.
- **3** Peel and quarter the eggs. Flake the salmon and gently fold through the rice, then divide between plates and top with the eggs. Sprinkle over the lemon zest and squeeze over a little juice before serving.

#### Smoky beans on toast

SERVES 1 generously PREP 5 mins COOK 20-30 mins EASY V CAL FIBRE VIT C IRON 4 OF 5 GOOD

beans only

1/2 tbsp olive oil, plus extra for drizzling

1/2 small onion, sliced

1/2 small red pepper, thinly sliced into strips

1 garlic clove, halved

227g can chopped tomatoes

1/2 tsp smoked paprika

2 tsp red wine vinegar

210g can butter beans or chickpeas,

drained

1/4 tsp sugar

1 slice seeded bread

a few parsley sprigs, finely chopped

- 1 Heat the oil in a small pan, add the onion and pepper, and fry gently until soft, about 10-15 mins. Crush half the garlic and add this to the pan, along with the tomatoes, paprika, vinegar, beans, sugar and some seasoning. Bring to a simmer and cook for 10-15 mins or until slightly reduced and thickened.
- 2 Toast the bread, rub with the remaining garlic and drizzle with a little oil. Spoon the beans over the toast, drizzle with a little more oil and scatter over the parsley.

**PER SERVING** energy 460 kcals  $\bullet$  fat 19g  $\bullet$  saturates 3g  $\bullet$ carbs 49g • sugars 17g • fibre 14g • protein 15g • salt 1.1g





#### £2.91 per serving

Fish tikka on garlic naan

SERVES 2 PREP 10 mins COOK 10 mins

EASY 🎇

250g/9oz skinless and boneless fresh white fish fillets (we used cod) 2 tbsp tikka masala paste 4 tbsp Greek-style natural yogurt 2 small naan breads or chapatis knob of garlic butter 1/2 small red onion, thinly sliced handful coriander leaves 1/2 lemon, cut into wedges

- 1 Heat the grill to the highest setting. Cut the fish into 5cm chunks. Mix together the tikka paste, 2 tbsp yogurt and seasoning. Add the fish and toss to coat, then set aside
- 2 Place the fish on a wire rack over a roasting tin. Grill for 3-4 mins each side, depending on thickness, until cooked through and starting to char a little.
- 3 Sprinkle the naan with a little water and grill for 2 mins. Spread the warm naans with garlic butter, top with the fish and drizzle with the remaining yogurt. Scatter over the onion and coriander, and serve with lemon wedges.

PER SERVING energy 467 kcals • fat 20g • saturates 8g • carbs 37g • sugars 8g • fibre 2g • protein 34g • salt 1.9g



## HELP! Our kids are so fussy!

This month our Canny cook, Cassie Best, comes up with recipes, tips and advice to persuade the pickiest children to love their food Photographs ROB STREETER





#### MEET THIS MONTH'S FAMILY

Suzette Scoble, BBC Good Food's designer, lives in London with daughter Tegan, aged nine. Tegan attends after-school dance and music classes throughout the week, and Suzette has a daily commute to tackle, so cooking time is limited.

'Much to my despair, Tegan has always been pretty fussy,' says Suzette. 'I try to include plenty of veg in our meals, but all too often it ends up in a pile on the side of her plate.

Tegan doesn't like anything that is covered in sauce, and because she is very active, she's constantly asking for snacks that are high in sugar and saturated fat to boost her energy. I'd love some new recipe ideas and tips on getting her to eat a well-balanced diet.'

#### **HERE'S OUR CANNY COOK'S SOLUTION**

This is a tricky one because every child has different tastes, so there's no magic formula for getting them to eat those vegetables - it's usually a case of, if at first you don't succeed, try and try again. That's why I've enlisted the help of parents on the BBC Good Food team who share their tried-and-tested tips. Using their feedback I've created new recipes that are well balanced and delicious.

#### What works for us?

Yes, even children of foodie parents have to deal with this dilemma! Four BBC Good Food team members share their strategies



Helen Barker-Benfield, **Editor of BBC Good** Food's Eat Well magazine, has an eight-year-old daughter, Eva.

'We've swapped our regular oven chips for sweet potato

chips - Eva loves the flavour and I love knowing she's getting some added vitamins in her diet.

'We have meat just a couple of times a week, so other meals are always yeg-based. That way, she gets used to the idea of veg being an important part of the dinner plate - it's easy to push it to one side when it's not taking centre stage. Vegetable soup on the weekend is our default lunch - our favourites include Sweet potato & butternut squash, Cauliflower cheese or Minestrone from bbcgoodfood.com.

'As a rule, I don't buy sugary snacks, so when Eva comes home ravenous from swimming, I get her to help make a smoothie. Lusually speak a secret ingredient in that she has to guess - so far it's been kiwi, avocado and lychees.

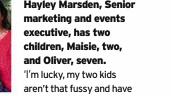
'When I prepare dinner, I start by chopping the carrots or peppers - vegetables that Eva can sneak up and pick at from the chopping board.'



Havley Marsden, Senior

a pretty varied diet. I think it helps that they both really enjoy helping out in the kitchen. My youngest loves doing all of the stirring and getting involved with meals.

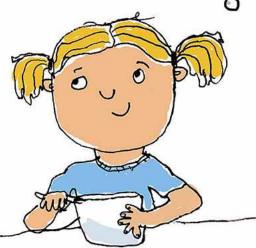
'If I am trying out a new vegetable, I generally include it in a dish she already likes - so butternut squash in a curry, or red cabbage shredded in with her lamb burger in pitta bread. My son was never a fan of pizzas until he started making them himself. Now he loves choosing his own toppings.'













#### Senior food editor Barney Desmazery loves cooking with Maisie, nine, and Jack, six.

'If you get your kids involved in cooking from an early age, they're more likely to be adventurous with their food choices. Encourage them to taste and smell as you go, and turn the cooking into a learning experience by talking about where the ingredients come from, or their nutritional value.'

• Visit bbcgoodfood.com for lots of recipes to cook with children, including those made by Barney's daughter, Maisie. Easy meatballs, Teriyaki salmon parcels and Mini toad-in-the-holes are some of Maisie's favourites.



#### Vic Grimshaw, Head of product development, has a three-year-old daughter, Kitty.

'I try not to overfill Kitty's plate, then she can always ask for more if she wants

it. We try to avoid negative comments about food. So instead of saying, "Ew, broccoli, that's a bit bitter, you might not like it," I'd say something like "Ooh, broccoli, it grows in a field and doesn't it look like a little tree!"

'We have a rule to try things – if she doesn't like it, she leaves it, and we'll give it a go another time. We don't force it or make her finish the food on her plate in order to get a pudding or treat, as I just think that encourages overeating.

'We do Treat Thursdays. She can have anything she wants, whether that's an eclair from the café or an ice lolly from the newsagent, and she's allowed to eat her dinner on the sofa in front of the TV. This does two things – gives her choice and control, and institutes the idea of \_\_\_\_\_ treats being not for every day. Then when she wants something on a Tuesday, I can just say, "Oh, but it's not Treat Thursday." It's very useful!'



Turn over for recipes to tempt your fussy eaters

#### Cooks Professional Multi-Blender Set

Create delicious, nutrient-rich juices and smoothies with this easy-to-operate blender, which includes two cups (300ml and 500ml), four lidded mugs, a blending jug, herb sprinkler and a steamer top for microwaving. Choose between a flat and cross stainless-steel blade to suit your ingredients, fill your container and press down to blend - it couldn't be easier!

#### Exclusive price for BBC Good Food readers:

Just £24.99 (was £79.99, saving £55). Please add £3.95 p&p per order. To order, call 0844 493 5654 quoting 47084 or visit *clifford-james.co.uk/47084*. Calls cost 5p per minute from BT landlines, calls from other networks may vary.



#### 3 SPEEDY SNACKS KIDS WILL LOVE

If your children come home 'starving', make sure you've stocked up on tasty, hearty snacks that will keep them going until dinnertime

#### Berry & avocado smoothie

SERVES 2 PREP 5 mins NO COOK

EASY VIT C 10F5 GOOD GLUTEN FREE

Tip 140g frozen mixed berries into a blender. Add 1/2 ripe avocado and 250ml unsweetened almond milk. Blend until smooth. If the berries are too tart, add a squeeze of honey or maple syrup and blend again.

PER SERVING energy 136 kcals • fat 11g • saturates 2g •

carbs 5g • sugars 4g • fibre 5g • protein 2g • salt 0.2g

#### Cashew butter & banana rice cakes

SERVES 1 PREP 5 mins NO COOK

EASY GLUTEN 💥

Spread 2 tsp cashew nut butter over a wholegrain rice cake, top with a small sliced banana and drizzle over 1/2 tsp honey. PER SERVING energy 147 kcals • fat 5g • saturates 1g • ,

carbs 21g • sugars 11g • fibre 1g • protein 3g • salt 0.1g



SERVES 4 PREP 5 mins NO COOK

EASY A DAY 4 YOU FREE THE

Place 3 roasted red peppers (from a jar) in a food processor, drain a 400g can chickpeas and add these too, along with 1 tbsp tahini or smooth peanut butter, 1 small garlic clove and 3 tbsp olive oil. Add a little seasoning, then blitz until smooth, adding a splash of water if the houmous looks too thick. Serve with veggie sticks or wholemeal pita.

PER SERVING energy 197 kcals • fat 12g •

PER SERVING energy 197 kcals ● fat 12g ● saturates 2g ● carbs 13g ● sugars none ● fibre 4g ● protein 6g ● salt 0.4g



#### A weekend to Savour

Jersey bursts with places to enjoy a superb meal or a perfect pint. Michelin-starred places, where the oysters are so fresh, you can still taste the sea. Coastal places, where gastropubs and trendy cafés serve crab sandwiches so full, you'll need the miles of breathtaking beaches to walk them off! Country places deep in the island's lush interior, where cosy inns serving fresh-from-the-field produce are tucked away. And stylish places where, after a day exploring, you can simply relax and enjoy a soothing spa treatment. Add a mild climate, easy travel by air or sea from the UK and great-value offers, and you've discovered Jersey.









jersey.com

#### If they don't like sauce...

In general, lots of children don't like food to be covered in sauce, so having it in a little bowl on the side is a great way for them to try a little and still enjoy their dinner. Letting children assemble their own dinner gives them the choice of how much of this or how little of that they try.

#### THE VERDICT

'Tegan would never try anything covered in sauce, so this dish was perfect, as she could add her own. She loved assembling her own wrap, and even asked for this dish again the following night! This made a nice change to the usual fajitas or sweet & sour chicken.' **Suzette** 

#### Satay chicken & mango wraps

SERVES 4 PREP 15 mins COOK 15 mins

EASY FOLATE VIT C 10F5 \*\*

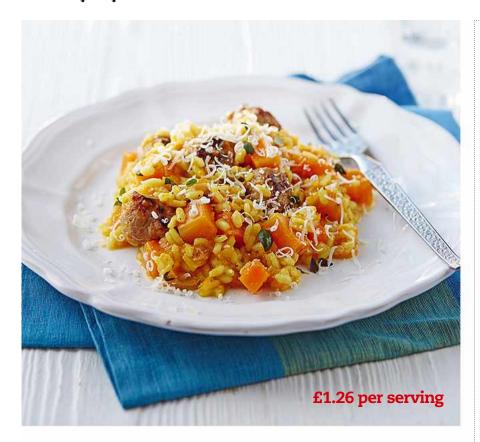
5 tbsp smooth peanut butter
160ml can coconut cream
1 tbsp soy sauce
2 tbsp mango chutney
zest 1 lime, plus wedges to serve
4 skinless chicken breasts, cut into
chunky pieces
300g pack chopped mango
2 carrots, grated or julienned
handful coriander leaves (optional)
4 wraps, warmed

1 In a large bowl, mix the peanut butter, coconut cream, soy, mango chutney and lime zest. Spoon half into a serving bowl and set aside. Add the chicken pieces to the large bowl and toss everything well to coat. Can be left to marinate in the fridge for up to 24 hrs. 2 Thread the chicken onto skewers (you should make 4-6), alternating the chunks with pieces of mango. Place on a baking tray lined with foil. Heat the grill to high and cook the skewers for 5 mins each side until the chicken is cooked through and starting to char on the edges. Serve in warm wraps with bowls of carrot, coriander, extra satay sauce and lime wedges for squeezing over. PER SERVING energy 534 kcals • fat 21g • saturates 11g •

**PER SERVING** energy 534 kcals • fat 21g • saturates 11g • carbs 44g • sugars 20g • fibre 4g • protein 40g • salt 1.7g



#### Everyday



#### If they won't eat 'bits'...

If your children don't like chopped veggies, you could try mashing them the first few times you make this dish, then over time make the mash chunkier, so that your children become accustomed to seeing veg on their plate.

#### THE VERDICT

'Tegan hates 'bits'. To get her to try this I mashed the squash well and chopped the onion and garlic finely. I was surprised when she finished the whole plate! She said it had a lovely sweet flavour.' **Suzette** 

#### Golden squash & sausage risotto

SERVES 4 PREP 15 mins COOK 25 mins



- 350g pack ready-chopped butternut squash, or half a medium squash, peeled and chopped
- 2 low-sodium chicken stock cubes
- 2 tsp olive oil
- 6 good-quality sausages, meat squeezed from the skins and rolled into mini meatballs
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 6-8 thyme sprigs, leaves picked and chopped
- 1/2 tsp turmeric
- 200g/7oz risotto rice
- 200g/ foz risotto rice 25g/1oz Parmesan, grated, plus a little to serve

- 1 Boil the kettle. Put the squash in a heatproof bowl, add a splash of water and cover with cling film. Microwave on High for 8-10 mins or until the squash is tender. Meanwhile, crumble the stock cubes into a pan, add 1.2 litres hot water from the kettle and set over a low heat to simmer gently. 2 Heat the oil in a large, high-sided frying pan. Add the sausage meatballs and roll them around in the pan for 5-10 mins until browned all over and cooked through. Remove from the pan and set aside. Add the onion and sizzle gently for 5 mins, then add the garlic and cook for 1 min more, stirring to prevent it from burning. Stir in the thyme, turmeric and risotto rice for 1 min, coating the rice in the oil from the pan. Start adding the stock, a ladleful at a time. stirring well every 1-2 mins until the liquid is absorbed and the rice is cooked.
- **3** Mash half the squash and add to the pan along with the sausage meatballs and Parmesan. Stir, then top with the remaining squash, cover with a lid and leave for 2 mins. Serve with extra Parmesan.

**PER SERVING** energy 524 kcals • fat 23g •

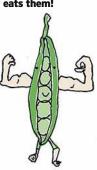
saturates 9g • carbs 59g • sugars 7g • fibre 4g • protein 18g • salt 3.4g

Can our Canny

Cook help you?
If you want help with
planning family meals,
email Cassie, our Canny
Cook, at enquiries@
bbcgoodfoodmagazine.com

#### Not keen on green veg?

Lots of little green bits, like herbs or chopped veg, can be off-putting for children, but the uniform green colour of these fish cakes, with their sweetness from sweet potato, will be more appealing - especially if you tell them that their favourite green superhero, The Incredible Hulk, eats them!



#### THE VERDICT

'We made these fish cakes together, and although they took a little time to prepare, it was worth it to see Tegan enjoying fish and green vegetables. I find that if she helps me make dinner, she's much more likely to try it.' Suzette

#### Super-green fish cakes

SERVES 4 PREP 30 mins plus cooling COOK 20 mins

EASY FOLATE FIBRE VIT C OMEGA-3 20F5 \*\*

2 medium potatoes, peeled and chopped 1 medium sweet potato, peeled and chopped 1 small head of broccoli, cut into florets 100g/4oz frozen peas, plus extra, cooked, to serve

small bunch parsley, roughly chopped zest 1 lemon, plus wedges to serve

- 2 tsp Dijon mustard
- 225g pack (about 3 fillets) smoked mackerel, flaked
- 4 tbsp plain flour, plus a little for dusting
- 3 tbsp vegetable, sunflower or rapeseed oil, for frying
- 1 Put the potatoes and sweet potatoes in a large pan of cold, salted water, cover and bring to the boil. Simmer for 10 mins until starting to soften around the edges but not completely tender. Add the broccoli and cook for 4 mins more, then add the peas and cook for another 30 secs. Drain and leave everything in the colander to cool completely. Can be kept in the fridge overnight.
- 2 Tip the veg and potatoes into a food processor. Add the parsley, lemon zest, mustard, mackerel, flour and some seasoning. Blend until the mixture is finely chopped and starts to clump together. Remove the blade from the mixer and shape into 8 cakes, dusting your hands and the cakes in flour. Put the cakes on a plate and chill for 30 mins or until they have firmed up, Can be wrapped and frozen for up to 2 months.

  3 Heat the oil in a large non-stick frying pan.
- 3 Heat the oil in a large non-stick frying par Cook the cakes for 5-8 mins each side until golden, crispy and hot throughout. Serve with extra peas and lemon wedges.

**PER SERVING** energy 492 kcals • fat 24g • saturates 4g • carbs 43g • sugars 8g • fibre 9g • protein 20g • salt 1.5g



For great baking ideas visit: whitworths-sugar.co.uk

# The











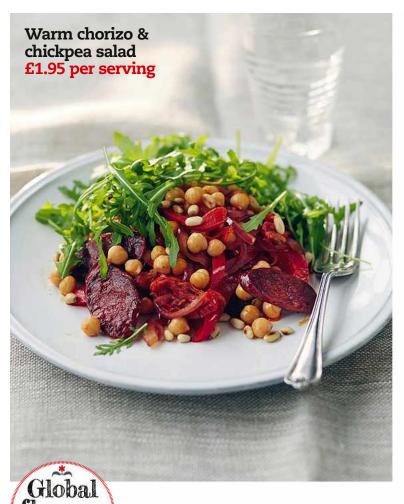
\* Helping LIFE taste HAPPY.

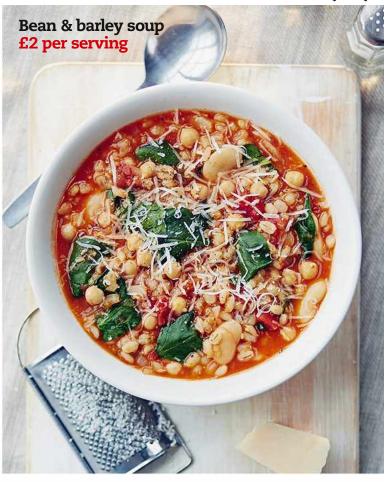


## Never be foiled again

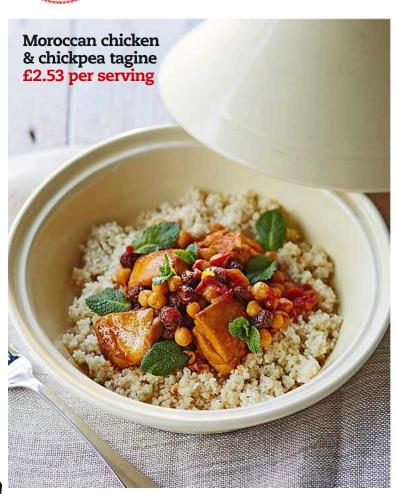
Unlike other foils, Bacofoil has a non-stick coating (the dull side) so your food will slide off the foil as easily as it went on.

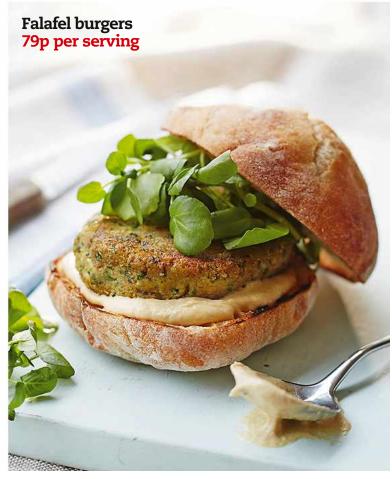






## Delicious new suppers using a can of these cheap, nutritious beans Recipes CHELSIE COLLINS Photographs ROB STREETER





#### Bean & barley soup

SERVES 4 PREP 5 mins COOK 1 hr

EASY V FOAT FIBRE VIT C IRON 30F5
4000 \*

2 tbsp vegetable oil
1 large onion, finely chopped
1 fennel bulb, quartered, cored
and sliced
5 garlic cloves, crushed

5 garlic cloves, crushed 400g can chickpeas, drained and rinsed

2 x 400g cans chopped tomatoes

600ml/1 pt vegetable stock 250g/9oz pearl barley 215g can butter beans, drained and rinsed

100g pack baby spinach leaves grated Parmesan, to serve

1 Heat the oil in a saucepan over a medium heat, add the onion, fennel and garlic, and cook until softened and just beginning to brown, about 10-12 mins.

2 Mash half the chickpeas and add to the pan with the tomatoes, stock and barley. Top up with a can of water and bring to the boil, then reduce the heat and simmer, covered, for 45 mins or until the barley is



the liquid has significantly reduced.

3 Add the remaining chickpeas and the butter beans to the soup. After a few mins, stir in the spinach and cook until wilted, about 1 min. Season and serve scattered with Parmesan.

PER SERVING energy 488 kcals • fat 9g •

**PER SERVING** energy 488 kcals • fat 9g • saturates 1g • carbs 78g • sugars 11g • fibre 12g • protein 16g • salt 1.4g

#### Warm chorizo & chickpea salad

SERVES 4 PREP 5 mins COOK 20 mins

EASY FIBRE VIT C 3055 \*\*

280g pack cooking chorizo, sliced 1 large red onion, finely sliced 2 red peppers, deseeded and cut into strips 400g can chickpeas, drained and

400g can chickpeas, drained and rinsed

12 semi-dried tomatoes 1 tbsp red wine vinegar 100g bag rocket, to serve

1 In a large frying pan, dry-fry the chorizo until golden for about 10 mins, then use a slotted spoon to scoop it from the pan and set aside.

2 Add the onion and peppers to the pan and soften in the chorizo fat for 10 mins. Stir in the chickpeas and

**3** Pour in the red wine vinegar and season. Serve in bowls with handfuls of rocket on top.

tomatoes, warming through.

PER SERVING energy 354 kcals • fat 18g • saturates 7g • carbs 24g • sugars 13g • fibre 7g • protein 19g • salt 14g



#### Healthy benefits

Chickpeas are a great source of low-fat protein - so particularly useful for vegetarians. Chickpeas are also rich in fibre, iron and vitamins, plus a portion counts as 1 of your 5-a-day.

#### Falafel burgers

SERVES 4 PREP 10 mins COOK 10 mins

EASY V LOW FIBRE IRON 10F5
ADAY

# falafel patties only

250g/9oz chickpeas from a can 1 medium onion, finely chopped 2 garlic cloves, crushed 2 tsp ground coriander 2 tsp ground cumin small pack flat-leaf parsley, chopped 2 rounded tbsp plain flour 2 tbsp vegetable oil 100g/4oz houmous 4 burger buns, cut in half

watercress, to serve

thoroughly, then tip into the bowl of a food processor. Pulse until lightly broken up into coarse crumbs.

2 Add the onion, garlic, spices, parsley, flour and some seasoning, and continue to pulse until combined. Using your hands, gently form the mixture into 4 patties about 10cm in diameter and 2cm thick.

3 In a large pan, heat the oil and fry the falafels on each side for 2-3 mins or until golden (you may need to do this in batches). Lightly

griddle the burger buns on the

**1** Drain, rinse and dry the chickpeas



cut side in a griddle pan, or toast under the grill.

**4** Spread one side of each bun with houmous, top with a falafel burger, add a handful of watercress, then pop the remaining bun half on top.

**PER SERVING** energy 476 kcals • fat 15g • saturates 2g • carbs 63g • sugars 5g • fibre 7g • protein 17g • salt 2.0g

#### Chicken & chickpea tagine

SERVES 4 PREP 10 mins plus chilling

EASY FAT FIBRE IRON 30F5 GOOD \*

800g/1lb 12oz skinless and boneless chicken thighs, cut into large chunks

1 tbsp harissa

1 tbsp vegetable oil

1 large onion, finely sliced

1 tsp each ground cinnamon, ground cumin and ground turmeric

500ml/18fl oz chicken stock 400g can chopped tomatoes 100g/4oz raisins

400g can chickpeas, drained and

250g/9oz couscous and a small handful mint, leaves only, to serve

**1** Mix the chicken thighs with the harissa in a large bowl and chill, covered, for 20-30 mins.

**2** Heat the oil in a large flameproof casserole or tagine dish and fry the chicken for 2-3 mins until browned. Remove from the dish and set aside.

**3** Fry the onion for 8-10 mins until soft, then stir in the spices. Return



the chicken to the dish, together with the stock, tomatoes and raisins. Season, bring to the boil, then reduce the heat to low. Simmer, covered, for 45 mins.

4 Add the chickpeas to the dish, and simmer, uncovered, for 15 mins until the sauce reduces slightly and thickens. Serve with couscous and a handful of mint leaves on top.

PER SERVING energy 456 kcals • fat 11g •

saturates 2g • carbs 34g • sugars 23g • fibre 7g • protein 52g • salt 1.3g

ood styling NATALIETHOMS





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A taste of The Hairy Bikers
Spring's finest

Plan an irresistible day out with our handy tips and highlights

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Plan your delicious day with the hottest celebrity chefs in the **Supertheatre**, discover kitchen secrets on the **Interview** 

**Stage**, meet incredible **food and drink producers** and taste an amazing range of scrumptious ingredients and gourmet produce. You're sure to have an inspirational, memorable and indulgent experience, perfect to share with family and friends.

**Entertainment for starters** 

Don't miss seeing one of our awe-inspiring headline stars like

Paul Hollywood, Mary Berry, James Martin, The Hairy Bikers,

**John Torode** and **Brian Turner** cooking seasonal dishes live as they entertain you with their amazing talent and witty banter. Every ticket includes a show in the stunning Edwardian theatre, so get your seats secured in front of your favourite star before they sell out.



Kitchen secrets Stop by the **Interview Stage** where you'll find our host quizzing cooking tips and the latest restaurant, TV and book news; who revealed! Stars will be signing their latest titles on the Books by WHSmith timetable to see and help you plan your day.

All day discoveries

As daffodils start to brighten the longer days and seasonal spring lamb appears on menus you'll be ready for a fix of inspiration from our chefs, producers and experts. Gather new recipes, serving ideas and take home equipment and provisions to inject a taste of the joys of spring into your cuisine.

Afternoon exploring

Spend time exploring the aisles full of artisan producers, tasting, shopping and unearthing unique new ingredients, treats and stories as you go. Brand new exhibitors include the fabulously local preserves from Just Jelly, craft brews from Ampleforth Abbey and fruit liqueurs from The Little Red Berry Co.



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## goodfood SHOW SUMMER

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**NEC Birmingham 11-14 June 2015** 

# A Summer of Good Food

All you need for the most delicious summer's day out

hings are heating up as we get closer to our Summer Show in June; with seasonal inspiration, entertainment and recipes from the hottest chefs along with gardening and grow your own tips. Find new producers, brands and suppliers offering all the ingredients, gadgets and accessories you need for a glorious summer full of sunny pleasure; alfresco dining, stylish outdoor living, picnics, BBQs and more. Follow our top show tips for all you need to make this your best summer day out.

#### A taste of summer

Discover the latest food trends, new seasonal recipes and useful culinary tips from an amazing line up of chefs and experts cooking live on the **Summer Kitchen stage**, including new healthy **Eat Well** and indulgent **Bakes & Cakes** themed sessions too.

The **Good Food Kitchen** is an exciting pop-up restaurant in the heart of the show; don't miss your chance to sit down and enjoy some of *Good Food's* most popular, mouth-watering summer dishes.

Tom Kervidge



#### **Seasonal specialities**

Meet, try and buy from a selection of seasonal, local and artisan food and drink producers. Whether it's handmade sausages from **Perfick Pork** to sizzle on your summer BBQs, refreshing soft drinks from **Belvoir Fruit Farms** or something to get the party buzzing from brand new exhibitor **Kold Cocktails**.

#### **Your food heroes**

You'll be whisked off your feet by heartthumping, mouth-watering entertainment dished up **by world class chefs in the Supertheatre**. Watch as your food heroes, including **Tom Kerridge**, **Mary Berry**, **James Martin**, **John Torode** and the **Two Greedy Italians**, cook stunning summer recipes live.



#### **Growing inspiration**

For inspiration on how to grow your own delicious garden produce be sure to take time out to enjoy the conveniently co-located **BBC Gardeners' World Live**, sponsored by Lexus. Every ticket includes free entry, where you can pick up expert tips and advice, buy everything from fresh herbs to BBQ equipment or wander through the fabulous show gardens.

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## PUSH THE BOAT OUT.

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Created with the skill and dedication of four generations of the Baxter family.



**BECAUSE TASTE MATTERS** 



# The chef's secrets that made me a BETTER COOK<sup>9</sup>

What can home cooks learn from the professionals? **Roopa Gulati** explains how her time as a chef has made her a smarter cook – and why her kitchen must-have is baking parchment

aving grown up in a small village near the Lake District, I conquered northern comfort food and left Cumbria at 18 to train at London's Le Cordon Bleu school, before heading to India and a job in Delhi's luxurious Taj Mahal Hotel.

I shared the kitchen with visiting chefs from Michelin-starred restaurants and regional Indian cooks, plus apprentices and artisans. Each of us brought something to the table – a little-known style of cooking, a new skill, a dish for sampling. And it's this shared experience that has shaped the way I cook for my family today.

After a trial test in the Taj kitchen, my first assignment was to make lemon cheesecake for 1,000 guests. I'd made the recipe countless times in Cumbria using my mum's sturdy Kenwood mixer. So, after increasing the ingredient quantities a hundred-fold and grating the zest of what seemed like a thousand lemons, mum's cheesecake recipe morphed into a triumph of industrial dimension.

However, I realised that ingredients behave differently when combined in big quantities. For my cheesecake, I ended up using three-quarters of the lemon rind indicated in the recipe. The same goes for spices – a little goes a really long way.

Chefs value great-quality utensils: pans with metal handles that won't melt in the oven, roasting tins that won't warp on the hob, and sturdy strainers that don't buckle under pressure. If you want to shop like a chef, focus on basic items that will last for years rather than following fads. Choose items for their practicality and durability rather than their looks.

I still use the original knife set I bought

more than three decades ago. The blades have weathered well, considering they've been used in hotel kitchens, demonstration studios for TV shows, and in my own home. While a curved grapefruit knife hasn't seen the light of day for 20 years, my Microplane grater is a key bit of kit. Many chefs prefer long, narrow graters rather than

squat ones. They're so much easier to handle, and quickly transform garlic and ginger into paste.

Despite my attachment to gadgets, baking parchment is my most valued kit – and not just for lining cake tins. As Culinary editor at the Royal Opera House, I marvelled at chefs plating perfectly cooked fish fillets, seared in a hot frying pan. Each fillet had a glistening, unbroken and crisp skin – something that had eluded me for years. The secret? All it takes is a sturdy frying pan with a rectangle of baking parchment laid in it, a drizzle of olive oil, and the fish placed on top. The parchment stops the skin from sticking to the pan (but don't confuse it with greaseproof paper, as this won't work!).

I recently catered for my daughter's pre-wedding afternoon tea – an occasion I wanted to be absolutely perfect. Every dish, from the samosas to the Dundee cake, was inspired by the chefs I've worked with, favourite recipes – and my mother's home cooking. Just as in a professional kitchen, I typed up my timeplan so that I would be organised, on time and calm. My experience meant that I enjoyed the tea as much as the guests.



Roopa, pictured centre working at Delhi's Taj Mahal Hotel, has collected top tips for griddling fish and preparing spinach

#### **MY TOP TIPS**

Be super-organised. Professional chefs read through recipes a few times before starting. Then they prep ahead, grouping their ingredients before they start cooking.

Create a menu like a chef.
Prioritise your time and kitchen equipment. If the main dishes are hot, include a couple served at room temperature, and a make-ahead dessert.

Chefs can't afford waste.

Transform a glut of herbs (chives at this time of year) into purée by blitzing with warm olive oil. Herb oil can dress up leftover roast chicken in a salad, and keeps in the fridge for a fortnight.

Cooking in bulk, and the need to prep ahead, make life easier in a restaurant kitchen, and will help at home too. I make big-batch recipes and freeze extra helpings of back-up meals – soups, stocks, casseroles and lots of pastry. A well-stocked freezer is a thing of beauty!

Don't splash the cash on a full knife set. A good chef's knife with a 20cm blade is great for dicing and chopping, while a paring knife works for smaller fruit and vegetables.

When baking puff pastry open tarts, heat a second underlying baking tray to ensure a crisp, golden base.

Top-notch veg. When preparing baby spinach as a side dish, heat a sturdy pan and wilt the leaves without oil, then scoop them out and toss in hot olive oil. This prevents watery liquid gathering around the leaves when they're plated.

Silicone sheets are a fantastic investment - meringues and biscuits glide off them after baking.

Roopa is a food writer, cookbook author, TV consultant and presenter



Got that sinking feeling?

If your stainless-steel sink looks dull or has rusty stains, here's how to get it to gleam again. Squirt a little washing-up liquid over the surface, then scrub with a dampened pot scourer. Rinse and wipe with a cloth dipped in household white distilled vinegar (but not white wine vinegar, which is different) then buff dry with either kitchen roll or scrunched-up newspaper. You'll need sunglasses to look at it now!

Does your kitchen sink outlet smell, or is water slow to drain away? Put a handful of soda crystals (Dri-Pak, around £1/kg from supermarkets) plus a tablespoon of bicarbonate of soda at the mouth of the drain, then pour over a kettle of boiling water. Stand back and watch the action – it'll fizz madly for a few seconds. Pour over a second kettle of boiling water and your drain will smell fresh again.

A newly installed granite work surface looks fantastic, but I get many letters from people complaining of water stains after a while (more likely if you live in a hard-water area). The best remedy is ultra-fine wire wool (grade 0000): rub the area very gently with some of the dampened wire wool and wipe dry. Not all granite is the same, so check in an unobtrusive corner before attacking the whole kitchen.

## Queen of clean Best known as the presenter of Channel 4's How Clean Is Your House? and Storage Hoarders, Aggie is also the author of Aggie's

House? and Storage Hoarders, Aggie is also the author of Aggie's Family Cookbook (£20, Pavilion).



## Smelly wooden chopping board?

Rub over some dried mustard powder, leave overnight, then scrub under a hot tap, rinse and dry.



#### Annoying pests

If you find weevils or flour moths

- you'll see webbing first, or the
odd moth flutter out when you
open a cupboard – take instant action!
Empty everything out of the cupboard
and throw away all opened packs (and
put in the outside bin quickly). Then
vacuum your cupboards, especially the
corners where eggs have been laid
(empty the vacuum cleaner afterwards),
and wash and dry your cupboards.

Buy flour and other dry goods in small quantities, as moths can turn up any time of the year. Store nuts in the freezer – they keep ages longer and you can use them straight from frozen.

Fruit flies (which are more common in summer, particularly as our climate gets warmer) are a pain. The only way you'll see them off is to keep every single food item – even potatoes – in the fridge. Eventually they'll starve and disappear.

Plagued by ants? They don't carry disease but most people don't want them crawling all over the worktops. First find the source, then pour some

boiling water over. If you'd rather deter them than slaughter them, sprinkle some chilli powder instead.

#### Grease is the word

The top of the cooker hood is a magnet for dust and grease. The easiest way to cut through this is with a hot, damp microfibre cloth (the fluffy sort), followed by a waffle cloth (textured like a waffle) for extra absorbency to help surfaces dry quicker. Some people prefer to use the cloths the other way round – see which suits you.

If you have baked-on grease coating the glass of the oven door, apply some soapy water, then go at it with a scraper from a DIY shop (the sort used for removing splashes of paint from window glass after decorating).

#### We all know the best way to keep an oven clean

(if you don't have a selfcleaning model) is to wipe it down after each use. If you've left it a long time, a non-

caustic remedy
for smooth
enamel oven
interiors is to
coat all inside
surfaces with
a thick paste of
bicarbonate
of soda and
water. Leave
overnight, then
scrub with warm
water and a scourer.



If you want to give yourself a treat, don't be ashamed of calling in a professional cleaner, who will return it to showroom condition.

If you never want to clean the oven floor again, invest in the Magic Oven Liner (£9.99, Lakeland), a non-stick heavyduty sheet that will catch every splash of goo. It's easy to remove and you can even put it in the dishwasher.

Colebrating 25 years

I no longer use a broom on my kitchen floor – I'm a cordless stick-vacuum convert! I keep my AEG Ergorapido (right, which costs about £200) charged on standby in the cupboard to whip out at a moment's notice, and no need to track down the dustpan and brush afterwards. Love it.

String mops may be **traditional**, but they always look mucky and I don't believe they do a good job of cleaning. There is nothing to beat the E-Cloth microfibre floor mop. The strip of cloth attaches to the mophead and after each use, into the washing machine it goes, nice and clean for next time.

A steam mop on floor tiles is a good idea if you have toddlers knocking around. Steam is great at breaking down dirt and grease, and getting rid of germs.

#### A fresher approach

Lemon juice and salt works wonders on dull copper pans. Sprinkle salt over the flesh of half a lemon and rub over the metal. It immediately releases the tarnish and the copper shines through. Rinse and dry.

Window cleaning used to be such a chore, but not with microfibre cloths. Just wipe the dirt off with a soapy, fluffy microfibre cloth, rinse, then buff dry with a window cloth (it has the same texture as a specscleaning cloth). No smears, guaranteed.

Do you love fish but not the smell it leaves behind

in your kitchen after cooking? My advice is

to use a Price's Chef's Candle (£4.69, Robert Dyas) each time to eliminate any lingering fishy odours.



#### Get the most from your appliances

Next time you put your dishwasher on, stick your washing-up cloth or sponge on the top basket. It'll get a good clean and those nasty odours will stay away a bit longer. If your sink has a basket strainer, or you have a caddy for washing-up liquid and brushes, stick that in too.

If you've cleaned out the fridge and it still smells stale, odours may have penetrated the plastic. Try either a saucer of bicarbonate of soda or freshly ground coffee on one of the shelves.

Every week I get asked: 'Why does my washing machine **smell musty?'** The reason is that we're all washing too often at low temperatures or using the quick cycle.

Bacteria, which produce gases that give off a bad smell, will survive a 30C wash, so when the water drains away, the bacteria are left behind to build up and grow in number inside the machine hence the nasty niffs (and eventually black mould on the seal).

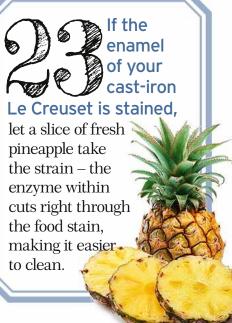
The answer? Throw a cup of household white distilled vinegar into the empty drum and run the machine on the hottest wash. Thereafter, do a 60C wash

once a week, particularly for towels and cotton sheets.

Who reheated curry in the microwave, splattered it everywhere – and now it's welded to the roof and sides? Never fear: put a heatproof bowl half-filled with hot water and a few lemon slices inside and turn on to High for 5 mins. The steam will loosen the food stains and the lemon will save you from retching.

Hard water will leave limescale in your kettle. The most efficient (and cheapest) way to get rid is to half-fill with white vinegar (not brown - it will overspill when boiled!) and half water, then bring to the boil. Leave overnight and drain. Most of the scale should come away (you may need to repeat). Rinse the kettle three times until all traces of vinegar are gone.

· Got any tips you'd like to share? Get in touch at the addresses on p153



Gone to pot

Is that bargain wok now rusty and sad-looking? Take half a potato, smear washing-up liquid on the cut side, then wipe the pan surface with it. Rinse well, then apply a light coating of oil with a paper towel.

Your roasting tin is caked with burnt-on grease. No problem – there's an easy way out. Sprinkle over a handful of biological washing powder, half fill with water and heat on the hob until simmering. Leave to soak overnight, and in the morning the crust will rub away.





68 **S**f

### Lunch at Le Manoir



Join us for a wonderful day at Le Manoir aux Quat'Saisons, with this exclusive offer for BBC Good Food readers



As we continue the celebrations for our 25th birthday, we are thrilled to invite BBC *Good Food* readers to a Champagne reception by Laurent-Perrier and a fabulous lunch at Raymond Blanc's restaurant Belmond Le Manoir

aux Quat'Saisons – which has two Michelin stars – in Oxfordshire on Monday 20 April.

Tickets for the three-course lunch, including the Champagne reception and specially selected wine with every course, cost £199 each. This also includes a demonstration in the Raymond Blanc cookery school and a tour of the impressive gardens.

The team at Le Manoir and I very much look forward to welcoming you there, for what is sure to be a truly memorable experience.

Cillian

Gillian Carter, Editor



Monday 20 April

#### **THE PLACE**

Le Manoir aux Quat'Saisons, Oxfordshire

#### THE TIME

10.30am-3pm

#### THE ITINERARY

Demonstration in the Raymond Blanc cookery school and tour of the garden, followed by a Champagne reception and three-course lunch with accompanying selected wines, followed by coffee and petits fours.

#### **THE PRICE**

£199 per person. Each guest will also receive a goody bag, plus a signed copy of Raymond Blanc's book, *My Kitchen Table*. The event is restricted to 50 guests; you will be seated with fellow guests at large tables.

#### **BOOK NOW - LIMITED PLACES AVAILABLE!**

#### **ABOUT LE MANOIR AUX QUAT'SAISONS**

Nestled in the beautiful Oxfordshire village of Great Milton, Le Manoir aux Quat'Saisons offers one of Britain's finest gastronomic experiences. It opened in 1984 and has held two Michelin stars ever since. Le Manoir is also a hotel, with 32 individually designed guest rooms.

The restaurant is surrounded by lawns and flower borders, orchards, as well as vegetable and herb gardens – planted by Raymond Blanc – that provide the chefs with fresh and often exotic produce, ensuring the kitchen is stocked with the finest ingredients.



'My team and I are delighted to welcome BBC Good Food readers to Le Manoir aux Quat'Saisons'

Raymond Blanc OBE





To book, call **O1844 277200\*** quoting *Good Food* reader lunch, or email **events.mgs**@**belmond.com** 



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Tonia Buxton is a food writer and mother of three. Her TV series, *My Greek Kitchen* and *My Cypriot Kitchen*, are both shown on the Discovery channel. Tonia's second book, *Eat Greek For a Week*, will be published in June (£16.99, Blink Publishing).

#### 

'Easter is deeply ingrained in Greek culture – so much so that we have two names for it: Lambri, which means 'brilliant one', and Pascha, from the Hebrew for Passover.

The arrival of the day itself is so exciting, because traditionally it comes at the end of a 40-day vegan fast. As a child, I loved it, but now I'm a little more lax and content for my family to respect this tradition for just a week or two. And as our Greek diet is already brimming with delicious vegetarian dishes, it is not too difficult.

When I think of Easter, the first thing that comes to mind is lamb, always slow-cooked, yet with countless regional variations. When I lived in Cyprus, I would place the lamb in a traditional beehive-shaped clay oven to cook oh-so-slowly to melting tenderness overnight.

Now I live in London, I still have a little clay oven in the garden, but the weather can make it hard to fire up, so I tend to ask my dad or one of my uncles to help me. Then I am off to my local butcher's to buy milk-fed organic lamb — it's worth buying the best leg of lamb you can find on this special occasion.

The dish itself is simple, and of course you don't need an oven in your garden. I tuck in plenty of garlic, lemon wedges and fresh bay leaves around the lamb, followed by a generous glug of Greek olive oil and some light seasoning. If you are lucky enough to live near a Greek or Middle Eastern deli, nothing beats adding some Cypriot potatoes – ideal for long, slow cooking. They're sweet flavoured, and a perfect accompaniment.

Tahini sauce is my ketchup! I eat it with everything. Add a simple bowl of steamed rice with spinach plus a big Greek salad and this fine feast is near complete.

The meal finishes with syrup-drenched baklava. I will confess that this confection of crisp, paper-thin filo pastry layers – filled with chopped nuts, fragrant rosewater and warming spices – is not normally served as a dessert in Greece, but it certainly fits the bill here.

#### 

#### Giant butter bean stew

Butter beans are known as 'giant beans' in Greek; this dish is often served during the run-up to Easter (the Greek equivalent of Lent) and makes an excellent first course. Leave it on the table to serve with the lamb – the beans improve if made the night before.

SERVES 6 PREP 30 mins COOK 1 hr 15 mins

EASY V FIBRE VIT C 30F5 GOOD GLUTEN \*

4 x 235g cans organic butter beans or 500g/1lb 2oz dried butter beans (see Tonia's tip, below) 100ml/31/2fl oz Greek extra virgin olive oil 3 small red onions, finely sliced 2 large carrots, finely sliced 3 celery stalks with leaves, finely chopped 4 sundried tomatoes, sliced 1kg/2lb 4oz ripe tomatoes, skinned, deseeded and finely chopped 4 garlic cloves, chopped 1 tsp paprika 1 tsp ground cinnamon 2 tbsp tomato purée 1 tsp sugar small pack flat-leaf parsley, finely chopped small pack dill, finely chopped

1 Drain the canned beans, reserving 200ml of the liquid. Heat the oil in a large flameproof lidded casserole dish, and cook the onions, carrots and celery until tender and the onions are soft and transparent, but not coloured. Stir in the remaining ingredients, reserving half of the chopped herbs and feta (if using).

100g/4oz feta (optional), crumbled

- **2** Heat oven to 180C/160C fan/gas 4. Cook over a gentle heat for a further 5 mins, then pour over the reserved liquid. Cover the dish and bake in the oven for 40 mins. Check occasionally that the beans are not drying out add a little more water if needed.
- **3** Remove the lid and bake for 10 mins more. Can be made 2 days ahead and reheated. Stir through the reserved chopped herbs, season to taste, then crumble over the remaining feta just before serving.

**PER SERVING** energy 315 kcals • fat 18g • saturates 3g • carbs 24g • sugars 12g • fibre 11g • protein 8g • salt 1.1g

#### Tonia's tip

If you have time to start with dried beans, you will really notice their firmer texture in the finished dish - they're much cheaper too. If you are using dried beans, soak them in

plenty of cold water, ideally for 12 hours, changing the water frequently. Drain, put in a saucepan and cover with cold water.

Bring to a steady boil (don't salt the water as this makes the beans tough), skimming off sediment as it rises to the surface. Change the water and bring to a simmer. Cover and cook for 1-11/2 hrs until tender, then drain.

### Slow-cooked Greek Easter lamb with lemons, olives & bay

For an extra hit of garlic, gently squeeze the roasted (unpeeled) garlic cloves from the bottom of the pan with the back of a spoon while the lamb rests. Mix the garlic into the pan juices before pouring over the meat.

SERVES 6 PREP 20 mins plus resting COOK 4 1/2 hrs

EASY IRON GLUTEN 
FREE

1 garlic bulb, separated into cloves, half peeled and sliced, half unpeeled

8-10 fresh bay leaves 3 lemons, cut into quarters lengthways

2.5kg/5lb 8oz leg of lamb

50ml/2fl oz Greek extra virgin olive oil, plus 4 tbsp for the potatoes

1 tsp ground cinnamon

1kg/2lb 4oz Cypriot potatoes, peeled and quartered lengthways (if you can't find these, any large, waxy variety is fine try Desirée)

140g/5oz Greek Kalkidis olives (or other large pitted green olives) 125ml/4fl oz red or dry white wine

- 1 Heat oven to 220C/200C fan/gas 7. Arrange the unpeeled garlic cloves, 3 bay leaves and the lemon quarters in a large roasting dish and cover with 200ml cold water. Sit the lamb on top, drizzle with the olive oil and rub it in all over.
- **2** Using a small sharp knife, cut small incisions in the lamb skin, then tuck the remaining peeled and sliced garlic and bay leaves into these slits.
- **3** Season the lamb well and sprinkle over the cinnamon. Cover tightly with foil and place in the oven. Immediately reduce the oven temperature to 150C/130C fan/gas 2. Leave to cook for 4 hrs, skimming the fat from the juices and removing the foil for the final 30 mins of cooking.
- 4 After 1 hr, put the potato wedges in a large roasting tin, coat them in 4 tbsp olive oil and season well. Roast in the oven with the lamb for 11/2-2 hrs.
- **5** Transfer the cooked lamb to a large piece of foil, wrap tightly and leave to rest for 20-30 mins. Check the potatoes are cooked (if you need to, turn the oven up to 220C/200C fan/gas 7 to finish cooking). Add the olives and wine to the pan juices, simmer them and keep warm until ready to carve. Serve the lamb thickly sliced with the olives, potatoes and Tahini & lemon sauce (see recipe on p79), with the meat juices poured over at the last minute.

**PER SERVING** energy 740 kcals • fat 43g • saturates 11g • carbs 28g • sugars 1g • fibre 4g • protein 59g • salt 1.8g







# THIS EASTER



ONCE YOU'VE
GOT CARTE D'OR
YOU'VE
GOT DESSERT.





### Spinach rice

The surprising technique in this side dish involves cooking the spinach with the rice to bring out the flavour. I also like it as a simple vegetarian supper with a handful of toasted pine nuts or chopped spring onions tossed in at the end.

SERVES 6 PREP 20 mins COOK 45 mins

EASY V CALCIUM FOLATE FIBRE VIT C IRON 10F.5
GLUTEN \*\*

100ml/3<sup>1</sup>/<sub>2</sub>fl oz Greek extra virgin olive oil 1 onion, finely chopped 500g/1lb 2oz baby spinach leaves, washed and finely chopped bunch dill, finely chopped 300g/11oz long-grain rice juice 1-2 lemons

1 Heat the oil in a large pan, add the onion and gently cook until softened but not coloured. Add the spinach and half the dill. Cook on a high heat, stirring regularly, until the spinach has wilted down and all the liquid has evaporated.

**2** Stir in the rice and add 600ml water, then bring to the boil. Turn the heat right down again to a very gentle simmer, cover the pan with a tight-fitting lid and cook for 25-30 mins or until the rice has cooked and absorbed all the water. Give it a stir after 15 mins to ensure even cooking, adding a drop more water as required.

**3** When the rice is cooked, stir in the remaining dill, season well, squeeze over the lemon juice to taste, and serve.

**PER SERVING** energy 519 kcals • fat 36g • saturates 5g • carbs 37g • sugars 37g • fibre 7g • protein 8g • salt 0.6g





#### Tahini & lemon sauce

Although used here as a sauce, this is more like a dip in consistency. Dollop generously on the lamb before serving, or let your guests help themselves.

SERVES 6 PREP 10 mins plus chilling NO COOK

EASY V GLUTEN 

FREE

FREE

4 plump garlic cloves
3 tbsp tahini paste
juice 2 lemons, plus extra to taste
pinch of paprika, to garnish
1 tbsp olive oil (optional)

1 Crush the garlic with a good pinch of sea salt using a pestle and mortar or garlic press. Mix in the tahini paste with a balloon whisk.

**2** Keep whisking as you slowly mix in the lemon juice - the tahini will lighten in colour and thicken. Taste it, and if you are happy, loosen slightly with a few tsp of water. If you prefer it more tangy, beat in more lemon juice. Cover and chill for 30 mins-1 hr. When ready to serve, sprinkle with paprika and drizzle with oil, if you like.

**PER SERVING** energy 84 kcals • fat 8g • saturates 1g • carbs 1g • sugars none • fibre 1g • protein 2g • salt none

This rice dish is typical of the healthy Mediterranean diet you find eaten all over Greece. As a nation, we eat a lot of fruit and vegetables – far more than 5-a-day'

Greek salad for the table
Don't forget a big sharing bowl filled with a classic and simple Greek salad. Combine salad leaves like rocket with chopped parsley and coriander, black olives, sliced red onion, cucumber and chopped tomatoes.
Dress simply with olive oil and lemon juice and sprinkle with feta.



#### Weekend



'Easter for Greeks is a time to enjoy traditional good food in the company of family and friends – and to count our many blessings'

#### Taste team comment



'The flavours worked well in the bean stew - the feta really lifted the dish. The lamb was very tender - a

big hit - and the potatoes were a delicious accompaniment. The tahini sauce was amazing, the paprika in it transformed the flavour. All my guests loved it.' **EDWARD** 

#### Tonia's rose baklava

Take your time over building the layers, carefully brushing each sheet of pastry with a good coating of olive oil – it's well worth the effort.

**MAKES** about 16 pieces **PREP** 30 mins plus resting **COOK** 45 mins

A LITTLE EFFORT 💥

Greek yogurt, to serve FOR THE SYRUP 300g/11oz golden caster sugar

juice 1/2 lemon

4 tbsp rosewater (not concentrated, see tip below)

1 large cinnamon stick FOR THE BAKLAVA

75ml/2¹/₂oz olive oil

500g/1lb 2oz chopped almonds 75g/2 $^1/_2$ oz golden caster sugar

2 tbsp ground cinnamon

1/2 tsp ground cloves

250g-270g pack filo pastry sheets 150ml/¹/₄pt rosewater (not concentrated, see tip below)

- 1 Put all the ingredients for the syrup in a heavy-based saucepan, and add 400ml cold water. Stir over a gentle heat to dissolve the sugar, then bring to a steady simmer for 10 mins or until it becomes slightly syrupy. Leave to cool.
- **2** Heat oven to 180C/160C fan/gas 4. Lightly brush the sides and base of a 23 x 33cm shallow ovenproof dish with a little of the oil.
- **3** For the baklava, mix together the almonds, sugar, cinnamon, cloves and rosewater.
- **4** Place 1 sheet of filo in the bottom of the dish and brush liberally with oil. (If the filo sheets are very large, cut them all in half before using.) Place another one on top and coat again with oil. Repeat this process of layering and brushing with oil until half of the filo sheets are used up. Now spread on the filling and cover with the remaining filo sheets, layering and oiling as before. Be sure to brush the top sheet with oil too. Score the top to form diamond-shaped slices.
- **5** Bake in the oven for about 30 mins, increasing the heat for the last 5 mins to 200C/180C fan/gas 6 to give the pastry a light golden colour.
- **6** Remove from the oven and immediately pour half the cooled rose syrup over the hot pastry. Leave to rest for at least 30 mins so the syrup can seep through the layers. Serve with big dollops of Greek yogurt and the remaning syrup.

**PER PIECE** energy 476 kcals • fat 33g • saturates 4g • carbs 34g • sugars 25g • fibre 1g • protein 9g • salt 0.1g

#### Be sparing with rosewater

If you can only find concentrated rosewater (in a 60ml bottle), use 2 tsp and dilute it in 250ml water. Use 4 tbsp of this diluted version for the syrup, and 150ml for the baklava.



Available in supermarkets nationwide

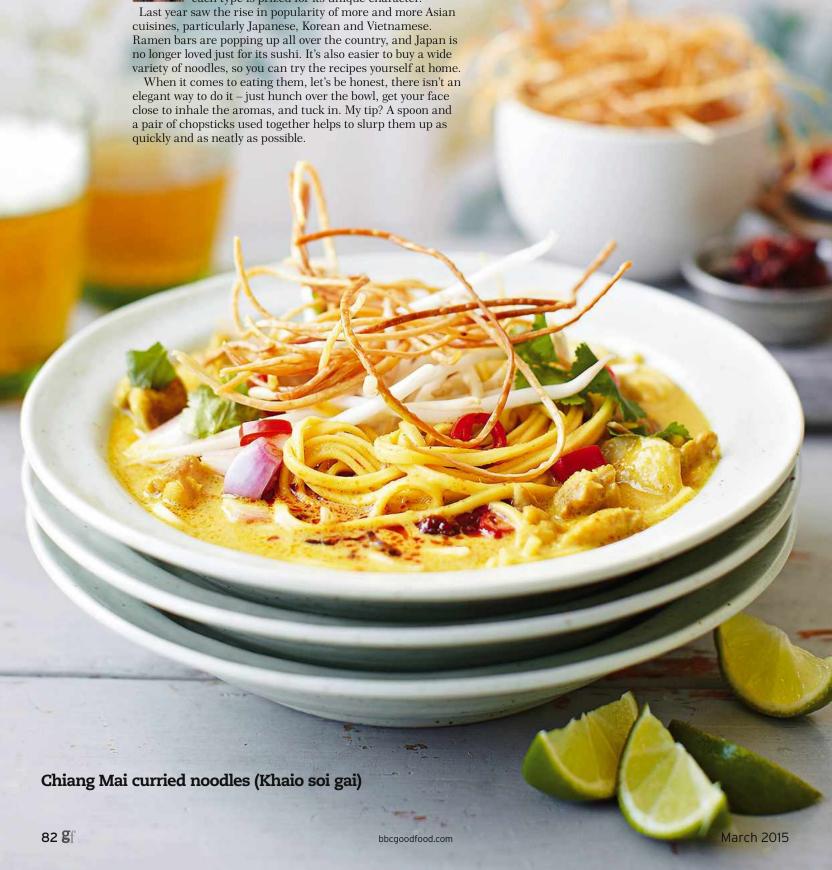
Bonne. Maman.

# Oodles of noodles

Speedy, satisfying and slurpingly good, noodles hit the spot when you crave comfort food with Asian flavours, says **Jennifer Joyce**Photographs STUART OVENDEN



Whether you pour over fragrant stock, swirl them into curry, or stir-fry with garlic and soy, noodles soak up all the savoury rich flavours they're paired with. From fat, chewy udon to silky thin ramen, each type is prized for its unique character.





# Chiang Mai curried noodles (Khao soi gai)

This curry from northern Thailand is addictively good, with its creamy and tangy base – but what sets it apart from other curries is the pickled shallots, chillies and crispy noodles that adorn each bowl.

SERVES 4 PREP 10 mins COOK 20 mins

400ml/14fl oz vegetable oil, plus 1 tbsp



chilli oil

4 tbsp Thai red or yellow curry paste 2 tsp mild curry powder 1 tsp red chilli flakes 400ml can coconut milk 150ml/1/4pt coconut cream 200ml/7fl oz vegetable or chicken stock 2 tbsp fish sauce iuice 2 limes 500g/1lb 2oz skinless, boneless chicken thiahs 300g/11oz Chinese dried egg noodles (medium or thin) FOR THE PICKLED CHILLI & SHALLOTS 1 long red chilli (deseeded if you don't like it too hot), sliced 3 small shallots, cut into quarters 150ml/¹/₄pt rice wine vinegar **TO SERVE** small pack coriander, roughly chopped 100g/4oz beansprouts, trimmed 3 chopped spring onions

- 1 First, make the pickled chilli & shallots: Put the chilli and shallots in a small bowl and pour the vinegar over. Add some salt and let it sit to pickle while you make the curry.

  2 In a large saucepan, heat the 1 tbsp vegetable oil. Add the curry paste and turn the heat down to medium. Cook for 5 mins, then add the curry powder and chilli flakes. Cook for 1 min more, then add the coconut milk, coconut cream, stock, fish sauce and
- **3** Chop the chicken into pieces and add to the curry. Cook for 15 mins or until tender.

lime juice. Bring to a simmer.

- **4** Boil some water in a large saucepan for the noodles. Meanwhile, heat the vegetable oil in a small wok it's ready when a small piece of bread sizzles when dropped in. Add 75g of the noodles to the wok in 4 batches until they bubble up and go crispy. Use a wire mesh ladle or slotted spoon to remove them and drain on kitchen paper.
- **5** Boil the remaining noodles for 2-3 mins until al dente, then drain. Divide the noodles between 4 bowls. Pour the curry over each and top with coriander, beansprouts, some drained pickled chilli & shallots, spring onions and a drizzle of chilli oil. Top with the crisp noodles and devour while it's hot.

**PER SERVING** energy 780 kcals • fat 41g • saturates 24g • carbs 60g • sugars 6g • fibre 4g • protein 41g • salt 2.6g





#### Yaki udon

Dried udon noodles are sold at most supermarkets in the World Foods section. However, I've found that frozen udon are even better, as they have a more chewy texture. You can find these in Asian supermarkets.

SERVES 2 PREP 10 mins COOK 5 mins

EASY V LOW CAY FIBRE VIT C 30F5 \*\*

250g/9oz dried udon noodles (400g/14oz frozen or fresh) 2 tbsp sesame oil 1 onion, thickly sliced 1/4 head white cabbage, roughly sliced 10 shiitake mushrooms

4 spring onions, finely sliced FOR THE SAUCE

4 tbsp mirin

2 tbsp sov sauce

1 tbsp caster sugar

1 tbsp Worcestershire sauce

- 1 Boil some water in a large saucepan. Add 250ml cold water and the udon noodles. (As they are so thick, adding cold water helps them to cook a little bit slower so the middle cooks through). If using frozen or fresh noodles, cook for 2 mins or until al dente; dried will take longer, about 5-6 mins. Drain and leave in the colander.
- **2** Heat 1 tbsp of the oil, add the onion and cabbage and sauté for 5 mins until softened. Add the mushrooms and some spring onions, and sauté for 1 more min. Pour in the remaining sesame oil and the noodles. If using cold noodles, let them heat through before adding the ingredients for the sauce otherwise tip in straight away and keep stir-frying until sticky and piping hot. Sprinkle with the remaining spring onions.

**PER SERVING** energy 486 kcals • fat 14g • saturates 2g • carbs 73g • sugars 35g • fibre 10g • protein 12g • salt 3.3g

# this version will give you a fabulous depth of flavour without having to find unusual ingredients. SERVES 4 PREP 25 mins COOK 4 hrs 10 mins

You can get as complicated as you like

with homemade ramen broth, but

Ramen with chicken

bone broth, pork shoulder, soft-boiled

egg & greens

EASY 🎇

1 tbsp mirin

1 tbsp sake

4 tbsp Japanese soy sauce

4 eggs 250g/9oz ramen noodles 2 large handfuls shredded spring greens 4 spring onions, finely chopped 75g/21/2oz bamboo shoots from a can, drained, chopped and soaked in 2 tbsp rice vinegar chilli oil and pickled chilli & shallots (see recipe far left, optional), to serve FOR THE RAMEN STOCK 6 chicken legs 2 large carrots, halved 2 onions, quartered 4cm/11/2in piece ginger, sliced 4 dried shiitake mushrooms 900g/2lb piece pork shoulder (thick layer of fat removed), halved FOR THE RAMEN SEASONING

1 Heat oven to 200C/180C fan/gas 6. For the stock, put the chicken, carrots, onions and ginger in a large roasting tin. Sprinkle with seasoning and roast for 30 mins. Transfer everything from the tin, including the fat and juices, to a large saucepan. Add the shiitake mushrooms and the pork, and pour in 3 litres of cold water. Bring to the boil and turn down to the lowest simmer you can. After the foamy scum rises to the top, skim it off with a ladle and discard. Part-cover with a lid. Let it simmer for 3 hrs but remove the pork after about 21/2 hrs, or when it is very soft, and set aside. Strain the stock into a clean pan. Save the chicken and use it for something else. Boil for another 30-40 mins on a medium heat to reduce by a third, then skim the excess fat off. Add about 1 tsp salt and taste to see if it needs more.

**2** Boil the eggs in a pan for 6 mins, then remove and put in iced water to cool.

**3** Boil the noodles in a large pan, stirring so they don't stick, until al dente, about 3 mins. In the final minute of cooking, add the greens. Drain and divide between the bowls.

**4** Mix the ramen seasoning ingredients in a small bowl. Slice the pork and add to the bowls. Pour the broth over each and add the spring onions and bamboo shoots. Peel the eggs, slice in half lengthways and place in each bowl with a dollop of pickled chilli & shallots, if you like. Pass round the ramen seasoning and chilli oil to serve on top.

PER SERVING energy 798 kcals • fat 32g • saturates 10g • carbs 51g • sugars 4g • fibre 4g • protein 71g • salt 6.0g

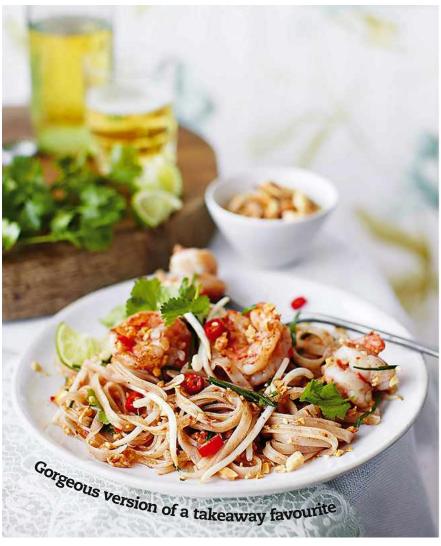
## The ramen revolution

One of the fastestgrowing food trends of 2014 was Japanese ramen noodles and the constant new openings of casual noodle bars serving little else.

'Ramen' is the name of the wheat noodles, but it has become the shortened name for big bowls of ramen noodle soup, flavoured and served in lots of different ways.

At the heart of the dish is a deep-flavoured broth or slowly simmered stock that is made from meat bones (tonkotsu is the popular pork bone broth) or, for vegetarians, umami-rich ingredients, like dried seaweed and mushrooms.





### Perfect pad Thai

Pad Thai can sometimes go mushy, so the key is to soak the noodles until bendy but not soft. The wok will do the rest of the cooking for you. The dish is also best made in two separate batches, so the high heat of the wok can bring it together without being weighed down by too many noodles.

SERVES 4 PREP 15 mins COOK 10 mins EASY IRON 🔆

250g/9oz dried rice noodles (also called rice sticks)

- 3 tbsp vegetable oil
- ${\bf 3}$  garlic cloves, finely chopped
- 3 Thai bird's-eye chillies (or 2 thumbsized), deseeded and finely chopped
- 3 tbsp palm sugar or soft brown sugar  $\,$
- 6 tbsp tamarind paste mixed with
- 3 tbsp water
- 3 tbsp fish sauce
- 2 tsp light soy sauce
- 300g/11oz peeled raw prawns, deveined
- 3 eggs, beaten
- 100g/4oz fresh beansprouts
- 2 tbsp preserved or pickled turnips, finely chopped (optional see tip, right)
- $^{1}\!/_{2}$  small pack chives, snipped into
- 2.5cm/1in pieces
- **TO SERVE**

roasted and ground peanuts, lime wedges and coriander leaves

- 1 First, soak the noodles. If they are long, break them into 15cm-long pieces. Place in a large bowl and cover with warm water. Leave for 10 mins so they start to soften, but no longer. You want them to be firm when you cook them, otherwise they'll go soggy.
- **2** Next, make the sauce. Put 1 tbsp of the oil in a wok. Keep the heat low and add the garlic and chilli. Stir for 2-3 mins, then add the palm sugar, tamarind, fish sauce and soy sauce. Keep stirring until the sugar is dissolved. Pour into a bowl and clean the wok.
- **3** You will need to make the pad Thai in 2 batches so that the wok cooks everything quickly and at a high heat. Have all your ingredients ready to go. Pour a little more oil into the clean wok and heat until hot. Add half the prawns, cook for 1 min, then push to the side. Add half the beaten eggs, leave to set for 1 min, then scramble. Add half the noodles, beansprouts and pickled turnip, if using. Stir constantly, using 2 long spoons, heating the noodles through. Pour in half the sauce and keep stir-frying until absorbed, then stir in half the chives. Tip onto 2 plates and top with half the peanuts, lime wedges and coriander.
- **4** Clean out the wok and pour in the remaining oil. Repeat the process with the remaining ingredients and serve.

**PER SERVING** energy 521 kcals • fat 13g • saturates 2g • carbs 77g • sugars 27g • fibre 1g • protein 25g • salt 4.2g

# Taste team comment



'The Pad Thai was very

appealing, as we love spicy food, and it was very easy to make. I would try it with small prawns next time to make it a little bit cheaper.' **SARAH** 

# Preserved and pickled turnips

Preserved turnips
are dried, pickled

are dried, pickled daikon radishes, and they add flavour to stir-fries, especially pad Thai. You can find them online at souschef.co.uk or from specialist shops.

Pickled turnips have a brilliant purple hue as beetroot is added to the pickling liquid. Buy them from specialist Asian shops.

# Grilled chicken & noodles (Bun ga nuong)

Vietnamese rice noodles are like the Thai vermicelli rice noodles, except they are much more cylindrical and a little fatter. Good Asian shops stock them, or try online at *souschef.co.uk*. Chicken thighs create juicy patties and the caramel glaze makes them even more delicious.

SERVES 4-6 PREP 20 mins COOK 10 mins

EASY CAL cal chicken patties only

250g/9oz thin rice noodles

1 handful each dill, mint, coriander and
Asian basil (optional)

2 carrots, peeled and julienned sliced shallot and chopped roasted peanuts, to serve

FOR THE PATTIES

1 garlic clove

3 small shallots

2 lemongrass stalks, lower third crushed, inner heart finely chopped

400g/14oz skinless, boneless chicken thighs

3 tbsp palm sugar or soft brown sugar

1 tbsp fish sauce

1 tbsp oil, for brushing FOR THE DRESSING

2 tbsp palm or caster sugar

1 tsp finely chopped ginger

2 garlic cloves

2 tbsp fish sauce 125ml/4fl oz lime juice

1 First, make the patties. In a food processor, blend the garlic, shallots and lemongrass until fine. Pour into a bowl and add the chicken thighs, 1 tbsp of the sugar, the fish sauce and a good amount of ground black pepper. Mix together well and divide into 18 patties. Roll and flatten, then place on a large baking tray. Brush with oil.

**2** Heat the grill. In a small saucepan, melt the remaining sugar with 1 tbsp water, then remove from the heat. Grill the patties for 2 mins on one side until golden, then flip them over. Brush with the sugar-water mix and grill for 2 more mins or until golden and crisp. Remove and brush with more of the water. Meanwhile, make the dressing by combining all the ingredients with 2 tbsp hot water in a small bowl.

**3** Soak the noodles following pack instructions until al dente, about 3-5 mins, then drain. Use scissors to cut into shorter pieces, then divide between 4 bowls. Top with the chicken patties, the herbs, carrots and a sprinkling of shallots and peanuts. Serve with the lime ginger dressing to pour over.

PER SERVING (4) energy 461 kcals • fat 6g • saturates 1g • carbs 74g • sugars 24g • fibre 2g • protein 26g • salt 2.6g

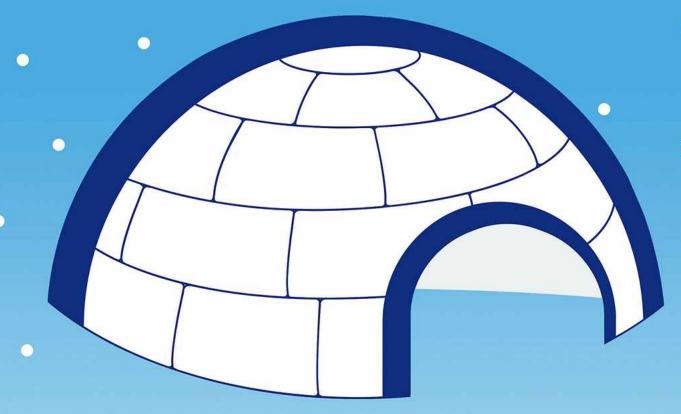




#### Weekend





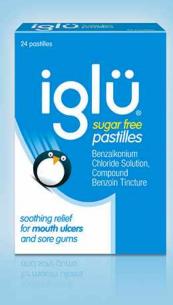


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# Lemony crab & cucumber clubs

**SERVES** 6 (makes 12 sandwiches) **PREP** 15 mins **NO COOK** 



200g/7oz white crabmeat 6 tbsp mayonnaise zest 1 lemon, plus a squeeze of juice small handful chives, finely snipped 9 slices wholemeal or granary bread a little butter, softened 1/2 cucumber, very finely sliced

**1** Mix the crab, mayo, lemon zest, a little juice, the chives and a good grind of black pepper in a bowl. Butter one side of each slice of bread

2 Divide the crab mayo between 3 slices of bread, top each with another slice, butter-side up, then arrange the cucumber slices on top, season, and finally sandwich with the final pieces of bread, butter-side down. Cut off the crusts, then cut into little triangles.

**PER SERVING** energy 288 kcals • fat 17g • saturates 4g • carbs 21g • sugars 2g • fibre 3g • protein 11g • salt 1.2g

## Mini salt beef bagels

MAKES 6 PREP 10 mins plus pickling NO COOK

EASY

4 radishes, thinly sliced
2 tbsp white wine vinegar
1 tsp golden caster sugar
3 mini bagels, split in half
100g/4oz crème fraîche
1 tbsp wholegrain mustard
6 slices salt beef, pastrami or roast beef handful watercress

1 Put the radishes, vinegar, sugar and a good pinch of salt in a bowl and leave to pickle for 30 mins, or up to 24 hrs.

**2** When you're ready to serve, toast the bagels while you mix together the crème fraîche and mustard. To serve, spread the bagels with the mustardy crème fraîche, top each half with a ruffled slice of beef, a few pickled radishes and a few watercress sprigs. Finish with a grind of black pepper.

**PER BAGEL** energy 168 kcals • fat 9g • saturates 5g • carbs 11g • sugars 3g • fibre 1g • protein 9g • salt 12g

## Ploughman's scones

MAKES 12 mini scones PREP 25 mins COOK 12 mins

EASY V 🟂

juice 1/2 lemon

1 small eating apple (a Braeburn is nice)
12 tsp of your favourite chutney or pickle
(we used apple, tomato & chilli chutney)
punnet of cress, snipped
FOR THE SCONES

225g/8oz self-raising flour, plus a little for dusting

1 tsp baking powder 50g/2oz butter, cut into tiny pieces 85g/3oz extra mature cheddar, finely grated

6 thyme sprigs, leaves picked 150ml/¹/4 pt milk, plus 1 tbsp 1 egg yolk

1 Heat oven to 220C/200C fan/gas 7 and dust a baking tray with a little flour. Tip the flour into a large bowl with the baking powder and a good pinch of salt. Add the butter and rub together with your fingertips until the mixture resembles damp breadcrumbs. Add the cheese and thyme leaves, mix in, then pour in the milk. Use a cutlery knife to bring the mixture together as a soft dough - don't overwork it or the scones will be heavy.

**2** Tip onto your work surface, mopping up any dry crumbs with the dough. Pat into a disc about 1.5cm thick. Using a 5cm fluted cookie cutter, stamp out 12 scones (you may have to squash the scraps back together to get all 12). Place on the baking tray. Mix the remaining 1 tbsp milk with the egg yolk and brush over the top of the scones. Bake for 10-12 mins until well-risen and golden brown, then leave to cool a little on a wire rack.

**3** Just before serving, put the lemon juice in a bowl, cut the apple in half, remove the core, then very thinly slice into half moons. Toss the apple through the lemon juice as you go. Split the scones in half and fill each one with a couple of slices of apple, 1 tsp of chutney and a few sprigs of cress.

**PER SCONE** energy 150 kcals • fat 7g • saturates 4g • carbs 17g • sugars 3g • fibre 1g • protein 4g • salt 0.6g

# Egg & bacon brioche soldiers

SERVES 6 (makes 12 finger sandwiches)
PREP 10 mins COOK 10 mins

4 large eggs 12 slices from a brioche loaf a little soft butter 6 tbsp mayonnaise 55g pack crispy bacon

**1** Bring a pan of water to the boil, add the eggs and set the timer for 9 mins.

**2** Meanwhile, lightly butter each slice of brioche on one side and heat a griddle pan. Char the brioche on the hot pan until griddle lines appear, then flip and char the other side. Place the bread in a toast rack or on a wire rack to cool.

**3** When the egg timer goes off, put the eggs in cold water for 10 mins to cool. Peel, then mash the eggs with a little seasoning, and stir in the mayo. Chill the egg mayo and store the toasted bread in an airtight container until you're ready to serve.

**4** Just before serving, assemble the sandwiches, then cut off the crusts and cut each sandwich into 2 or 3 fingers. Pop a slice of crispy bacon into each finger, so it sticks out the ends a little, and serve straight away.

**PER SERVING** energy 265 kcals • fat 21g, • saturates 6g • carbs 12g • sugars 3g • fibre none • protein 5g • salt 0.8g



## Weekend











#### Banana custard eclairs

**MAKES** 24 **PREP** 50 mins plus cooling, setting and 2 hrs chilling **COOK** 30 mins

MORE OF A CHALLENGE

banana chips and edible gold spray or leaf, to decorate (optional)

200g/7oz white chocolate, finely chopped FOR THE CHOUX PASTRY

85g/3oz lightly salted butter, chopped into small cubes

100g/4oz plain flour

3 medium eggs, beaten FOR THE BANANA CUSTARD

2 overripe bananas

100g/4oz golden caster sugar

1 tbsp lemon juice

4 tbsp custard powder

300ml/¹/₂pt milk

150ml/¹/4pt double cream 2 tsp vanilla bean paste (we like this for

2 tsp vanilla bean paste (we like this for the seeds, but use extract if you like)

1 Put the butter in a saucepan with 225ml water. Weigh the flour in a large bowl and set aside. Bring the butter and water to a fast boil with a pinch of salt, simmer until the butter has melted, then tip in the flour and beat like mad with a wooden spoon until the mixture is pulling away from the sides of the

pan and is lump-free. Tip into the bowl and spread the thick paste up the sides a little to help it cool quickly, then leave for 10 mins. 2 Heat oven to 200C/180C fan/gas 6 and cut 2 pieces of baking parchment to fit 2 baking sheets. Using a ruler and a pen, mark 12 lines about 9cm long over each piece, leaving plenty of space between the lines. Flip the parchment over. Fit a piping bag with a large round piping nozzle, about 1.5cm wide. When the flour paste has cooled but is not cold, start adding the egg, bit by bit, beating well between each addition until you have a smooth batter, which will reluctantly drop off the end of your spoon. You may not need to use all the egg, so add it slowly. Transfer to your piping bag and use a little of the mixture to stick the parchment to your trays. 3 Pipe the choux onto the baking sheet, using the lines as a guide. Place the trays in the oven and bake for 30 mins until the choux is puffed and golden. Swap the trays around for the final 5 mins. The choux should be crisp and hollow-sounding when tapped. You may wish to sacrifice 1 eclair to make sure that the inside is completely dried out; if it is still moist, the eclairs will sink when cooling. Once baked, leave to cool completely. Can be made 1 day ahead - store in a sealed container, and reheat in the oven

4 Now make the banana custard. Put the bananas, sugar and lemon juice in a food processor and whizz to a purée. Pour into a saucepan and bubble for a few mins until thickened. Mix the custard powder with 2-3 tbsp of the milk to make a smooth paste, then add the remaining milk, cream and vanilla, and stir well. Pour the custard mixture into the banana purée and continue cooking, whisking, until very thick and smooth. Pour into a bowl, cover with cling film and chill for 2 hrs, or until cold. **5** Pick out 24 nice banana chips and place on a tray lined with parchment. Spray with edible gold spray or cover with a little gold leaf, if you like. When you're ready to assemble the eclairs, split each one along one side. Transfer the banana custard to a disposable piping bag and snip off the corner. Fill the eclairs generously with the custard, lining up on a tray as you go. Melt the chocolate in a bowl in the microwave, stirring every 20 secs or so to prevent it from burning. When the eclairs are filled, carefully dip the top of each one into the chocolate, letting any excess drip back into the bowl. Place a gold banana chip on each eclair and set back on the tray for 30 mins or so to set. Serve within 3 hrs.

**PER ECLAIR** energy 167 kcals • fat 10g • saturates 6g • carbs 17g • sugars 11g • fibre none • protein 2g • salt 0.2g

# Raspberry & dark chocolate teacakes

MAKES 35 PREP 1 hr plus setting COOK 25 mins MORE OF A CHALLENGE

200g/7oz dark chocolate, finely chopped freeze-dried raspberry pieces, to decorate (optional)

FOR THE CHOCOLATE BISCUIT BASES

100g/4oz butter, softened 75g/2¹/₂oz icing sugar 1 medium egg yolk 1 tsp vanilla extract 2 tbsp milk 175g/6oz plain flour 4 tbsp cocoa powder

FOR THE MARSHMALLOW 3 gelatine leaves

3 medium egg whites 175g/6oz white caster sugar good-quality raspberry jam

**1** First, make the chocolate biscuit bases. Put the butter and icing sugar in a large bowl, mash together with a wooden spoon, then beat for 1-2 mins or 2 until smooth. Add the egg yolk, vanilla, milk, flour, cocoa and a pinch of salt, and mix again. Tip onto your work surface and knead briefly until evenly coloured. Wrap in cling film, pat into a disc and chill for 20 mins.

2 Heat oven to 180C/160C fan/gas 4

for 5-10 mins to crisp up before filling.

and line 2 baking sheets with baking parchment. Dust the surface with a little flour, unwrap the dough and roll to the thickness of a £1 coin. Use a 5cm cookie cutter to stamp out as many discs as you can, then re-roll the trimmings to cut out more – you should get about 35 in total. Place on the baking sheets and bake for 10-12 mins, swapping the trays over halfway through. Cool on a wire rack.

3 Next, make the marshmallow filling.

3 Next, make the marshmallow filling. Put the gelatine in a bowl of cold water and set aside to soften. Put the egg whites, sugar, 1 tbsp water and a good pinch of salt in a heatproof bowl. Place over a pan of gently simmering water, making sure the bowl doesn't touch the water, and whisk until thick and leaving a prominent trail from the beaters - this will take about 5 mins. When the meringue is

thick, remove the bowl from the heat and continue whisking while you add the gelatine leaves, one at a time. Keep whisking for another 3-5 mins until the meringue has cooled slightly and is really stiff. Transfer to a piping bag fitted with a large round nozzle (mine was 1.5cm).

**4** Flip each biscuit over so the bottom is facing upwards. Spoon ½ tsp jam onto the middle of each biscuit. Holding the piping bag above the jam, pipe a blob of meringue to fill the surface of the biscuit, quickly pulling away to make a spike. Leave to set for 30 mins.

**5** Melt the chocolate in the microwave, stirring every 20 secs or so to ensure it doesn't burn. To cover the teacakes in chocolate, hold each one above the bowl at an angle and drizzle over the chocolate, letting it run back into the bowl, turning the teacake until completely covered. Place on a wire rack suspended over a baking tray. After every 5-10 teacakes, sprinkle over a little freeze-dried raspberry, if using. Will keep for 3 days in a sealed container.

**PER TEACAKE** energy 118 kcals • fat 5g • saturates 3g • carbs 16g • sugars 12g • fibre 1g • protein 2g • salt 0.1g







## Little pistachio cakes

MAKES 12 PREP 25 mins plus cooling COOK 15 mins

EASY cakes only

175g/6oz lightly salted butter, really soft, plus extra for greasing
75g/2¹/zoz plain flour, plus extra for dusting
140g/5oz pistachios, plus a few, chopped, for scattering
1 tsp baking powder
175g/6oz golden caster sugar
2 large eggs
2 tsp vanilla extract
2 tbsp milk
FOR THE ICING

290g tub full-fat cream cheese 50g/2oz lightly salted butter, softened 100g/4oz icing sugar

1 Heat oven to 180C/160C fan/gas 4 and grease a 12-hole silicone muffin or friand mould, then dust with a little flour, and tip out the excess (a metal tray will work too, but line with muffin cases, as the mixture may stick). Put the pistachios in a food processor and blitz until finely chopped but not greasy. Add the remaining cake ingredients and blend again into a creamy mixture. Use 2 spoons to fill each hole of your tray 2/3 full, place on the middle shelf of the oven and hake for 15 mins or until a skewer inserted. comes out clean. Leave to cool in the mould for 10 mins, then run a knife around the edge of each cake and turn out onto a wire rack. 2 Meanwhile, make the icing. Using an electric hand whisk, blend 3 tbsp of the cream cheese with the butter until smooth, then add the remaining cream cheese and icing sugar. Whizz again until creamy, transfer to a piping bag fitted with a small round nozzle, and chill until ready to use. **3** When the cakes are cool, pipe spikes of icing on top of each one, then sprinkle with chopped pistachios. Can be made ahead store the un-iced cakes in a sealed container for up to 3 days and chill the icing for 2 days. PER CAKE energy 444 kcals • fat 33g • saturates 18g • carbs 30g • sugars 24g • fibre 1g • protein 5g • salt 0.6g

# Lemon & poppy seed gateaux

MAKES 24 PREP 50 mins plus 2 hrs setting COOK 25 mins

A LITTLE EFFORT 🗱 sponge only

#### FOR THE SPONGE

200g/7oz slightly salted butter, melted and cooled

4 large eggs

225g/8oz golden caster sugar 225g/8oz plain flour

1 tsp baking powder

FOR THE POPPY SEED BUTTERCREAM

50g/2oz poppy seeds 200g/7oz butter, softened 350g/12oz icing sugar zest 1 lemon 2 tbsp lemon curd 1 tbsp milk FOR THE LEMON SYRUP

juice and zest 2 lemons 50g/2oz golden caster sugar 3 tbsp limoncello (or water) FOR THE ICING

400g/14oz fondant icing sugar juice 1 lemon yellow food colouring

1 Lightly grease a 20 x 30cm loose-bottomed cake tin with a little of the melted butter, then line with baking parchment. Heat oven to 180C/160C fan/gas 4. Put the eggs and sugar in a large bowl, and whisk with an electric hand whisk until the eggs are pale cream, doubled in volume and hold a ribbon pattern on top of the mixture for 3 secs. Drizzle the cooled butter around the edge of the bowl, and sift the flour and baking powder over the top with a pinch of salt. Use a large metal

spoon to fold everything together until just combined, being careful not to knock out too much air. Carefully pour the mixture into the prepared tin, level the surface, and bake for 25 mins until golden and a skewer inserted to the centre of the cake comes out clean. Leave to cool for 10 mins in the tin, then carefully slide out onto a wire rack and leave to cool completely.

- **2** Meanwhile, make the buttercream and syrup. Put the poppy seeds in a pan and toast for a few mins until aromatic, then leave to cool completely. For the syrup, put the ingredients in a saucepan, bring to a simmer, bubble for a few mins until the sugar has dissolved, then leave to cool. For the buttercream, beat the butter and icing sugar together until smooth, add the lemon zest, lemon curd, milk and cooled poppy seeds.
- **3** When the cake is totally cool, carefully slice into 3 thin layers. Reassemble the cake in the tin, flipping what was the top into the tin to make the bottom layer. Spoon over a third of the syrup, then spread over half the buttercream. Top with the middle layer of the cake, more syrup and the remaining buttercream. Top with the final sponge, flat-side up, and drizzle over the remaining syrup.
- **4** Mix the icing sugar with enough lemon juice to make a thick but spreadable icing. Colour the icing with a little food colouring, then pour over the top of the cake, easing it to cover the entire surface. Leave in the tin to set for at least 2 hrs.
- **5** When you're ready to serve, carefully remove the cake from the tin. Cut off the edges with a long serrated knife, then cut into 24 little cakes. *Will keep in a sealed container for up to 3 days*.

**PER GATEAU** energy 351 kcals • fat 16g • saturates 9g • carbs 48g • sugars 41g • fibre none • protein 3g • salt 0.4g



## TIME OUT FOR TEA

Want to get out over a spring weekend? Treat your mum to cake and a cuppa at one of our favourite tea rooms. Selected by Holly Brooke-Smith and the *Good Food* team

## NORTHERN IRELAND Red Door Tea Room, Ballintoy

A couple of miles along the coast from Giant's Causeway, this little white stone building dishes up hearty local food, scones and a welcome cup of tea - served in traditional cups and saucers. It's a fantastic pit-stop for walkers or cyclists in need of a break, but worth a visit in its own right. (028 2076 9048)

#### **KENT**

#### Tiny Tim's Tearoom, Canterbury

In one of the oldest buildings in Canterbury, dating back to the 1600s, you'll find Tiny Tim's Tearoom. It sells a range of loose-leaf tea, scones and hot chocolates, as well as lunch. The team also runs a Pudding Society once a month for dessert fanatics to spend a night indulging in classic British puds. (01227 450793, tinytimstearoom.com)

## **DEVON**Greys Dining Room, Totnes

Art deco silver tea sets, bone china cups and a huge selection of loose-leaf tea to choose from – Greys is a favourite of our Consultant editor, Orlando Murrin: 'By far the biggest range of cakes I've ever seen, in beautiful rooms that are

so elegant. It's like stepping into another

era.' (01803 866369)

#### **ESSEX**

#### Tiptree Essex Rose Tea House, Dedham

Deep in Constable country, this timber-framed, 16th-century village tea room has a tempting array of homemade cakes, as well as scones topped with Rodda's cream and Tiptree jam. There's a warming menu of jacket potatoes and hot snacks, and Tiptree products available to buy. (01206 323101, trooms.com)





MANCHESTER Sugar Junction An urban tea room with a vintage approach to afternoon tea and cake. The menu includes over 25 different types of loose tea, as well as milkshakes and gluten-free options. The teapots and cakestands form a beautiful collection of retro pieces. It's open until late, in case you feel like an espresso Martini to follow your pot of tea! (0161 839 1444, sugarjunction.co.uk)



#### NOTTINGHAM White Rabbit Teahouse

Incredibly cosy, this little tea shop is beautifully decorated and has an array of unusual teapots, delicate side plates, and gorgeous cups and saucers on its shelves. As well as light lunches, it offers a great selection of teas and classic scones with jam. A second branch of the shop opened in the city last year too. (0115 924 0227,

whiterabbitteahouse.com)

### GLASGOW

#### The Butterfly and the Pig

With long tables, tall windows and chandeliers, these tea rooms are full of grandeur but still very cosy. Besides lots of cakes and sandwiches, the high tea menu includes Scot classics such as Haggis, neeps & tatties, as well as Black pudding salad. (0141 243 2459, thebutterfly andthepig.com/thetearooms)

# NORTH WALES Ugly House Tearoom (or Tŷ Hyll), Snowdonia

Despite its name, this little cottage built from chunky boulders is totally charming. Find regional gems bara brith (a rich fruit cake made with tea) and Welsh cakes on the menu, as well as the tea room's bespoke blend of loose-leaf tea. It is set in a wildlife garden with its own beehives, and has several stunning walking routes on its doorstep. (01492 642322, theuglyhouse.co.uk)

#### WILTSHIRE

#### The Polly Tea Rooms, Mariborough

A lovely establishment that has been serving tea in the heart of Marlborough since 1912. It has a charming low shopfront and large windows filled with cake and pretty teapots. Choose

teapots. Choose between pastries, classic sponges or light lunch options to accompany your pot of tea. (01672 512146,

thepollytearooms.

#### **MIDDLESBOROUGH**

#### The Olde Young Tea House

An award-winning shop with a loyal following. Its shelves feature more than 100 teas from around the world (which you can open and smell before you order) plus generous slices of squidgy sponges to die for - try the Cinder toffee coffee cake if you can. Look out for evening music events too. (07868 251420,

theoldeyoungteahouse.com)



#### CAMBRIDGESHIRE

#### Peacocks Tearoom, Ely

With its wisteria-clad front and white picket fence, this tea room is one of the prettiest we've seen. Inside it is like being in a friend's stylish home – with an Aga and several beautiful rooms. Choose from 70 infusions and a fabulous selection of cakes. It has a B&B too, if you want to extend your stay. (01353 661 100,

peacockstearoom.co.uk)





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Take this fish pie – I'm not keen on mash-topped pies as a rule as I don't think there's enough contrast of textures. So my version gets a more crispy topping, using filo pastry instead of mash, which also makes the dish seem lighter.

Secondly, I think that too many types of fish and seafood just confuses things. I prefer a more focused and clearly defined flavour, so I use one key ingredient – the bacon of the fish world smoked haddock.

And here it is – a recipe that's both familiar and new, and an updated classic that anyone who loves fish pie will love as much, if not more, than the original.



### Filo-crusted smoked haddock, cheese & leek pie

This is the sort of dish I serve at The Coach, my new pub in Marlow. We don't do any fancy 'plating up' - that would defeat the point of a sharing dish like this.

Put the pie in the middle of the table with a serving spoon and large bowl of the salad (see recipe, opposite), then let everyone help themselves.

SERVES 4-6 PREP 20 mins plus cooling COOK 1 hr 10 mins

A LITTLE EFFORT CALCIUM \* uncooked

600ml/1pt whole milk 3 bay leaves 1 tbsp white peppercorns 650g/1lb 7oz good-quality smoked haddock fillets (see tip, opposite)

1 thsp olive oil

75g/2¹/₂oz butter, plus extra for frying 1 onion, finely chopped

2 garlic cloves, grated

2 large leeks, halved and finely sliced 75g/21/2oz plain flour

1 tbsp English mustard powder iuice 1 lemon

175g/6oz strong cheddar, diced FOR THE FILO CRUST

140g/5oz butter 6 garlic cloves, grated 400g/14oz filo pastry

small bunch chives, finely snipped

- 1 Bring the milk, bay and peppercorns to a simmer in a large shallow pan. Drop in the haddock, turn off the heat, cover with a lid or foil and leave to cool for 30 mins - the haddock will be just cooked. Carefully remove the haddock and set aside on a plate, then strain the milk through a sieve into a jug. To prepare the haddock, remove the flesh from the skin, making sure all bones and spices have been discarded - the fish should break into natural bite-sized flakes. Set aside until needed.
- 2 Heat the oil and a small knob of butter in a pan. Add the onion and garlic and cook until softened, about 15 mins. Add the leeks and continue cooking for 2 mins. Drain in a colander and leave to cool.
- 3 In the same pan, melt the 75g butter, then stir in the flour to form a paste. Cook for 3-4 mins without colouring, then slowly ladle in the warm milk, stirring constantly with a wooden spoon, until you have a glossy sauce. Stir in the mustard poweder, lemon juice and some seasoning, then pass through a fine sieve.
- 4 Heat oven to 180C/160C fan/gas 4. To assemble the pie, place the leeks in the bottom of a 1.6-litre pie dish (about 22cm) and top with a third of the sauce. Follow with the flaked smoked haddock and another third of the sauce. Finally, scatter over the cheese and top with the remaining sauce, making sure the filling is completely covered. **5** For the filo crust, melt the butter in a small pan, then add the garlic. Heat gently for 5 mins to allow the garlic to infuse. Lay one sheet of filo on a chopping board and brush all over with the garlic butter, then sprinkle with some chives and cracked black pepper. Place another sheet of pastry on top at a slight angle and repeat. Continue in this way until you have used up all the pastry and almost all the garlic butter. You should have created a jagged-edged pastry circle. Lay this on top of the pie dish, then use a sharp knife to trim the edges, but still leave an overhang. Brush with a final layer of butter, sprinkle with flaky sea salt and bake for 40 mins or until the pastry is golden and crisp. Serve with the Charred Baby Gem, watercress & bacon salad (see recipe, opposite).

PER SERVING (6) energy 821 kcals • fat 49g • saturates 28g • carbs 51g • sugars 9g • fibre 4g • protein 4g • salt 3.8g



#### Taste team comment

'I loved how easy this pie was to make. The haddock was cooked perfectly, and the flavour of the pastry was amazing. I made this for a special occasion

and it was a big hit.' ANN

Wherever there's smoked haddock. choose Chardonnay. In this case, Taste the Difference Limoux Chardonnay 2013, 13.5% (£8, Sainsbury's), from the south of France, with smoky notes from some ageing in oak barrels, does the trick.

To turn the recipe into a treat, choose Champagne - the Blanc de Blancs style is 100% Chardonnay.

100 **S**f March 2015 bbcgoodfood.com













### Charred Baby Gem, watercress & bacon salad

SERVES 4-6 PREP 10 mins COOK 5-8 mins

A LITTLE EFFORT FOLATE ADAY FREE FREE

3 Baby Gem lettuces, quartered 4 tbsp olive oil 100g/4oz bacon lardons 2-4 tbsp lemon juice 100g bag watercress

1 Brush the lettuce halves with 1 tbsp of the oil, then place on a baking tray and use a blowtorch to lightly char them all over. Heat the remaining oil in a frying pan, add the bacon lardons and fry until really crispy. Remove using a slotted spoon and drain on kitchen paper, leaving all the fat in the pan.

2 To make the dressing, add the lemon juice to the pan with the bacon fat and stir, taste and season. Toss the lettuce, watercress and lardons together with the dressing in a large bowl, then arrange on a platter.

PER SERVING (6) energy 105 kcals • fat 9g • saturates 2g • carbs 2g • sugars 2g • fibre 2g • protein 4g • salt 0.6g



#### Taste team comment



'l don't have a blowtorch, so I used a griddle pan instead. I chose smoked bacon lardons and served

it as a light lunch.' SARAH

#### Want to get ahead?

The pie filling can be made up to a day ahead. The dish can be filled and left in the fridge ready for the pastry topping, but don't be tempted to top with the filo, as the pastry won't go as crisp if assembled too far ahead.

#### Buying smoked haddock

This is my favourite fish – you can't find it anywhere else in the world and, as a flavour, it makes a dish feel inherently British. For the best smoked haddock, look for cold-smoked fish from Grimsby or Scotland that is undyed – this means it will be pale rather than a bright yellow. If you can only find yellow smoked haddock, try to buy fish that has been naturally dyed using turmeric.

A good-quality piece of smoked haddock will have a dry appearance and the flesh will have a shine. Smoked haddock will keep for longer than fresh fish, so you can buy it a few days before, if that helps you to get ahead.

Next month...
Tom creates
a stunning
chocolate tart

Tom presents
Food & Drink.

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# Cake Club

**Barney Desmazery** combines two favourite bakes to make the ultimate Easter cake

Photographs WILL HEAP

You don't have to be a food detective to see how I came to pair these two cakes together. I wanted something that represented Easter, and that has to be a simnel cake with its 11 balls of marzipan that signify the Apostles – minus Judas.

But I also wanted to create a lighter cake, more appropriate for tea in the garden – something I associate with spring. This brought me to the chequered floral colours of a Battenberg cake, which also happens to be decorated with marzipan.

So here it is: a springtime pink and yellow cake, ideal for Easter or any time of year if, like me, you like extra marzipan with your marzipan.

#### Simnel Battenberg cake The yellow food colouring isn't

The yellow food colouring isn't essential – as the natural colour of a sponge is pale yellow – but if you have some, a few drops will intensify the colour and make your bake look even more striking.

CUTS INTO 11 slices PREP 50 mins COOK 25 mins

200g/7oz softened butter, plus extra for greasing 200g/7oz golden caster sugar 3 large eggs 175g/6oz self-raising flour 50g/2oz ground almonds ½ tsp baking powder ¼ tsp almond extract 2 tbsp milk 3 tsp red food colouring ½ tsp yellow food colouring TO ASSEMBLE 200g/7oz apricot jam 2 x 500g blocks of marzipan

1 Grease a 20cm square baking tin. Measure a double layer of foil long enough to line the base and 2 sides of the tin with 20cm excess. Fold a 10cm pleat in the centre (pic **A**). Push the foil into the tin, making sure the pleat is in the centre and the corners are nice and sharp (pic B). Line the 2 halves of the tin by putting a long strip of baking parchment in lengthways over the foil (pic  ${\bf C}$ ). Criss-cross another strip widthways to completely cover the foil (pic **D**). Repeat to line the other compartment. You now have two compartments for the different colours. 2 Heat oven to 180C/160C fan/gas 4. Put the butter and sugar into a bowl and, using an electric whisk, beat until light and fluffy. Beat in the eggs, one at a time, then beat in the flour, baking powder and almond extract. The batter needs to be dropping consistency (it should fall off a wooden spoon). If it is a little thick, add a drop of milk and continue to beat.

- **3** Halve the batter by weighing and dividing equally into separate bowls. Fold the red colouring through one and the yellow colouring through the other.
- **4** Tip the batters into each side of the prepared tin and bake for about 25 mins, until the sponges have risen and a skewer inserted into each sponge comes out clean. Leave them to cool in the tin, then remove to a rack to cool completely.
- **5** To assemble, neatly trim each sponge, then sit one on top of the other and trim again so they are both the same size. Cut each sponge in half lengthways so you have 4 long rectangles. Warm the jam in a small pan, then brush along a long side of each sponge. Stick the jam sides together to create the chequerboard effect, then brush the sides and top with more jam.
- **6** Dust a work surface with icing sugar. Roll out one of the blocks of marzipan until it is 20cm long, then roll it so it is wide enough to wrap around the sponge. Brush the loaf all over with more apricot jam, then tightly wrap the marzipan around the sponge, trimming it where the edges meet. Smooth the marzipan over the sponge. Sit the loaf on its seam.
- **7** To make the Apostles, roll the remaining marzipan into 11 small balls (you might not need all the marzipan for this, but any excess can be frozen) and sit on the loaf at even intervals. To give the cake a contrast of colour and a classic simnel cake finish, lightly blowtorch the balls on the top of cake. The cake will now keep for up to 3 days in an airtight container.

PER SLICE energy 724 kcals • fat 31g • saturates 11g • carbs 101g • sugars 89g • fibre 1g • protein 10g • salt 0.6g









d styling CASSIE BEST | Styling IIIIS PERA

## Join our Cake Club!

If you've made our special Easter cake, we'd love to see your photos

- Send your photos to enquiries@bbcgoodfoodmagazine.com
- Share them on Twitter or Instagram with the hashtag #gfcakeclub

We'll feature our favourite photos in the magazine. So get baking!





#### Next month

BBC *Great British Bake Off* finalist Luis Troyano creates an incredible lemon meringue layer cake





Switch up from your usual cooking oil to Lurpak Cook's Range Cooking Liquid and transform day-to-day recipes into exciting, flavour-filled meals to really get fired up about

ife is busy, and many of us can fall into the trap of blindly sticking to the usual shopping list and making the same old midweek meals. Frankly, it saps the fun out of cooking – and eating. Bring the joy back to creating in the kitchen with Lurpak Cook's Range. Allowing you to easily add a burst of flavour to your dishes, all it takes is the smallest tweak to your cooking habits to take dinners from ordinary to extraordinary.

Lurpak Cooking Liquid is a perfectly balanced mixture of Lurpak butter and rapeseed oil. A kitchen revolution, it adds the superior taste of Lurpak butter to whatever you're cooking while preventing burning. It's a foolproof way to perfect pan-fried trout and griddled aubergine. Try it for yourself and see the difference it makes to omelettes and frittatas. You can also use it for roasting, so imagine what it can do for your roasties on a special Sunday lunch. But it's not just good for pan-fried meals, you can even use it instead of butter for a quick and easy route to a brilliant Victoria sponge.

**1** Grate the potatoes on the coarse side of the grater into a bowl, then squeeze out as much excess water as you can. Stir in the Lurpak<sup>®</sup> Cooking Liquid, flour, fennel seeds, salt and pepper.

½ tsp flaked sea salt and ground black pepper

½ tsp fennel seeds

½ small red onion

12 chives, snipped

zest ½ small lemon

4 slices smoked salmon 2 tbsp crème fraîche

splash of white wine vinegar

4 cornichons (small gherkins)

2 tbsp cooked beetroot, finely diced

2 Put a large non-stick frying pan over a low to medium heat and spread out the potatoes very thinly across the pan, leaving no big holes. Cook the rosti for 8-10 mins on each side. When the potato is crisp, and a rich golden brown colour, take the pan off the heat and cover with foil to keep it warm.

**3** Fill a small pan with water and bring to the boil. Add a splash of white wine vinegar and poach both eggs. Meanwhile, slice the gherkins and red onion very thinly. Cut the rosti in half and divide between 2 plates.

- **4** Arrange 2 slices of salmon on each rosti, then remove the eggs from the water with a slotted spoon and place on top. Season a little.
- 5 Place a scoop of crème fraîche next to the egg.
- **6** Scatter the gherkin slices over the plate, followed by the diced beetroot. Sprinkle over a few slices of red onion and the chives.
- **7** Grate over the lemon zest and serve.



#### **COOK UP A STORM**

Explore new cooking territory in your kitchen with the versatile Lurpak Cook's Range. Use Lurpak Cooking Mist to prepare baking tins, oven trays or pans in lightning-quick time for hasslefree baking, or prepare chicken for roasting by smothering it in Lurpak Clarified Butter for a gorgeous golden finish.

If you love home-baked bread, try adding Lurpak Baking for great-tasting results. Cooking for the family? Lurpak Cooking Liquid makes life simple. Suitable for use at high temperatures, you

can whip up meals quickly and easily with bags of flavour.

# Mary's family favourites

Mary Berry, the BBC's queen of baking, tells Good Food why she loves this time of year





Mary Berry is sitting in her favourite place – her family kitchen – with her two dogs at

her feet, daffodils on the table, and a view of her beloved garden.

Her test kitchen and her office are next door, so work is never far away. Easter, though, is always a time for family.

'This Easter we'll visit my daughter Annabel. We'll have a big family lunch, the grandchildren will do an Easter egg hunt and we'll go to church.

For Mary, April also means starting work on a new series of BBC's *Great British Bake Off.* Alongside fellow judge Paul Hollywood, and presenters Sue Perkins and Mel Giedroyc, she will meet this year's contestants in April, and most weekends until June will be spent in the marquee.

'At my time of life,' says Mary, 'it's wonderful to be judging something I really know about. I am totally honest. If Paul says that he likes something, I'm quite happy to say I don't agree.'

Before the *Bake Off* gets underway again, there is a new BBC TV series and book – *Mary Berry's Absolute Favourites*. As the title suggests, the recipes are the all-time favourites of Mary and her fans.

'The Lemon drizzle cake is the most popular recipe I've ever done. So I've included it here (see p108), and because people often want to scale up the recipe, or make it with a different tin, I've done several versions, so you have the bible of Lemon drizzle cakes in one book!'





#### Leek & bacon quiche

A classic recipe with a twist, thanks to the added leeks and layer of mustard – this makes a large quiche that's full of flavour and has a delicious, melting texture. For a crisp base, it's always best to cook the pastry case first before adding the filling.

SERVES 8-12 PREP 30 mins plus chilling

EASY CALCIUM 🗱

Wine notes Bring a blast of Italian sunshine to your Easter lunch with tangy, refreshing Roversi Pecorino Terre di Chieti 2013, Italy, 12% (£8, Asda). From Abruzzo, its lime curd fruit is a fine aperitif, and works well with the quiche.

With the casserole, serve a light and spicy Rhone red, such as Taste the Difference Côtes du Rhône Villages 2013, France, 14% (£7, Sainsbury's). 225g/8oz plain flour, plus extra for dusting 150g/51/20z cold butter, cubed 1 egg, beaten FOR THE FILLING a knob of butter 2 medium leeks, roughly chopped 350g/12oz unsmoked streaky bacon, snipped into small pieces 2 tbsp Dijon mustard 175g/6oz Gruyère, grated 6 eaas 600ml/1pt double cream 2 heaped tbsp chopped parsley fresh salad, to serve

1 You will need a 28cm round, loosebottomed tart tip or fluted ceramic flan dish and some baking beans. Heat oven to 200C/180C fan/gas 6.



**2** To make the pastry, put the flour and butter into a food processer and whizz until the mixture resembles breadcrumbs (or place in a mixing bowl and rub the butter into the flour with your fingertips). Add the egg and 1 tbsp of water, and mix again. Add more water if needed and mix into a smooth dough. **3** Lightly dust a work surface with flour and roll out the dough into a circle large enough to line the tart tin or dish and about 3mm thick. Press into the base and sides of the tin and make a small lip around the top. Prick the base all over with a fork and place in the fridge to chill for 15 mins.

**4** Line the chilled pastry case with baking parchment and fill with baking beans. Bake in the oven for 15-20 mins, then remove the beans and baking parchment, lower the temperature to 160C/140C fan/gas 3 and return the pastry case to the oven to dry out for 5-10 mins. Remove from the oven and set aside to cool. Increase the temperature to 190C/170C fan/gas 5.

**5** Meanwhile, melt the butter in a frying pan, add the leeks and bacon, and fry over a high heat for about 15 mins. Lower the heat, cover with a lid and cook gently for about 10 mins until softened. Remove the lid and fry over a high heat - stirring frequently to stop the cooked leeks from catching and burning to drive off any liquid and crisp up the bacon. Leave to cool a little.

**6** Spread the mustard over the base of the cooked pastry case with the back of a spoon and then spoon in the bacon and leek mixture. Season and add half the cheese.

**7** Crack the eggs into a large bowl and add the cream and parsley, then season and whisk by hand to combine. Pour the mixture into the tart case (see my tip, below) and sprinkle over the remaining cheese.

8 Bake in the oven for 30-35 mins until golden brown and just set. Serve warm with a fresh salad. Or leave to cool completely and keep in the fridge for up to 2 days.

PER SERVING (12) energy 608 kcals • fat 53g • saturates 30g • carbs 16g • sugars 2g • fibre 2g • protein 16g • salt 1.8g

#### Mary's tips for a top quiche

• If you don't have any baking beans, use dried pasta, dried pulses or uncooked rice from your storecupboard to fill the case before baking.

• To fill the quiche without spillages, pour half the egg mixture into the case, then place the tin on the oven shelf, near the front, ready for baking. Pour in the remaining egg mix while the quiche is on the shelf, and sprinkle over the cheese. Then carefully slide it further into the oven and close the door.

#### GET AHEAD

This can be frozen, but for best results defrost slowly in the fridge so that the filling retains its texture. Reheat and serve warm.

Mary loves an Easter lunch with her husband, children and grandchildren

#### Horseradish & mustard beef casserole

This is a big hearty casserole that's made on the hob, so you'll need a large pan with a heavy base suitable for cooking over direct heat for three hours. If you like a hotter flavour, add hot horseradish sauce or double the amount of creamed horseradish sauce. Serve the finished dish piping hot with mash and vegetables of your choice.

SERVES 6 PREP 20 mins COOK 3 hrs EASY FOLATE IRON 2 OF 5 Without the cream

3 tbsp sunflower oil

1.5kg/3lb 5oz braising beef, diced 3 large onions, roughly chopped 6 garlic cloves, crushed 50g/2oz plain flour 300ml/1/2pt white wine 300ml/1/2pt beef stock 3 tbsp Worcestershire sauce 1 tbsp light muscovado sugar 500g/1lb 2oz chestnut mushrooms, halved

3 tbsp Dijon mustard 3 tbsp creamed horseradish sauce 3-4 tbsp double cream 1 tbsp chopped parsley, to garnish mashed potato and green vegetables, to serve

1 Heat 2 tbsp of the oil in a deep frying pan, large sauté pan or flameproof casserole dish and cook the beef over a high heat for about 5 mins or until golden brown and sealed - you may need to do this in batches. Using a slotted spoon, remove the meat and set aside.

2 Add the remaining oil to the pan, tip in the onions and garlic and stir well, scraping in the caramelised meaty bits from the bottom of the pan. Fry over a medium-high heat for 5 mins to soften the onions.

**3** Measure the flour and 100ml of the wine into a bowl and whisk until smooth, then pour in the remaining wine and stir to combine.

4 Return the browned beef to the pan, pour in the beef stock, then the wine and flour blend and bring to the boil, stirring until thickened. Add the Worcestershire sauce, sugar and some seasoning. Bring back to the boil, stirring, cover with a lid and simmer over a low heat for 2 hrs, stirring from time to time. Add the mushrooms, bring back to the boil, cover and simmer for a further 30 mins, until the meat is tender.

**5** Mix the mustard, horseradish and double cream together in a bowl and stir into the casserole. Garnish with chopped parsley to finish and serve with mashed potato and vegetables of your choice.

**PER SERVING** energy 685 kcals • fat 35g • saturates 14g • carbs 25g • sugars 15g • fibre 4g • protein 58g • salt 1.7g



#### Weekend



#### Lemon drizzle cake

I have been making Lemon drizzle cake for as long as I can remember – since the 1960s at least! This is the recipe I am asked for most.

It is important to spoon the glaze onto the cake while it's still warm, so the lemon juice soaks in properly.

If you do not have granulated sugar for the glaze, you can use caster sugar, although it will not give quite such a crunchy result. Lemon balm works well as an alternative for lemon verbena, if you can't get hold of any, or you could use finely chopped lemon thyme leaves to give a slightly more distinctive, herby flavour.

CUTS INTO 16 slices PREP 15 mins COOK 40-45 mins

225g/8oz baking spread, straight from
the fridge, or softened butter, plus
extra for greasing
225g/8oz golden caster sugar
275g/10oz self-raising flour
2 tsp baking powder
4 eggs
4 tbsp milk
grated zest of 2 lemons
1 heaped tbsp very finely chopped
lemon verbena
FOR THE GLAZE
175g/6oz granulated sugar
juice of 2 lemons

- 1 You will need a 30 x 23cm traybake or roasting tin. Heat oven to 180C/160C fan/gas 4. Grease the tin with baking spread or butter and line the base with baking parchment.
- **2** Put all the cake ingredients into a large bowl and beat for about 2 mins until well blended. Turn the mixture into the prepared tin and level the top.
- **3** Bake in the oven for 35-40 mins until the cake has shrunk a little from the sides of the tin and springs back when lightly touched in the centre. Leave to cool for 5 mins in the tin, then lift out, with the parchment still attached, and place on a wire rack set over a tray.
- **4** While the cake is baking, make the topping. Mix the granulated sugar with the lemon juice and stir to a runny consistency. Brush or spoon the sugar and lemon over the surface of the warm cake and leave to set. Remove the parchment and cut into slices to serve.

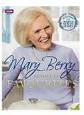
**PER SLICE** energy 286 kcals • fat 13g • saturates 3g • carbs 38g • sugars 25g • fibre 1g • protein 3g • salt 0.6g

Recipes adapted from Mary Berry's

Absolute Favourites (£25, BBC Books), photographs by Georgia Glynn Smith.

You can buy this book for just £22.50. Call 01326

569444, p&p is free. Or buy



online at *sparkledirect.com/goodfood*. The new six-part TV series is on BBC Two this spring.

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Kids love Easter and the holiday is a great opportunity to tackle some fun baking projects. Try these easy ideas from cookery writer Angela Boggiano, who has two children, Hunter and Liliana Photographs CRAIG ROBERTSON

### Flowerpot chocolate chip muffins

MAKES 10 mini muffins PREP 10 mins COOK 12-15 mins

3 tbsp vegetable oil 125g plain flour 1 tsp baking powder 25g golden cocoa powder 100g caster sugar 1 large egg 100ml milk 150g milk chocolate chips 25g chocolate cake decorations such as vermicelli sprinkles or chocolate-coated popping candy 20 rice paper wafer daisies (these come

1 Heat oven to 180C/160C fan/gas 4. Lightly oil the inside of the terracotta pots with a little vegetable oil and place on a baking tray. Place a paper mini muffin case in the bottom of each pot.

in packs of 12, so get 2 packs)

10 mini terracotta pots (see below)

YOU WILL NEED

2 Put the flour, baking powder and cocoa in a bowl and stir in the sugar.

**3** Crack the egg into a jug and whisk with the milk and remaining oil. Pour this over the flour and cocoa mixture, and stir in with 50g of the chocolate chips. Be careful not to overmix - you want a loose but still quite lumpy mixture. Spoon into the pots up to three-quarters full. Place in the middle of the oven and bake for 12-15 mins until risen and firm. Transfer to a wire rack (still in the pots) and leave to cool.

4 Put the rest of the chocolate chips in a small bowl and melt over a small pan of gently simmering water (don't let the water touch the bowl), or put in a microwave-proof bowl and heat on High for 1 min until melted.

**5** Spread the tops of the muffins with the melted chocolate. Sprinkle over the chocolate decorations and add 2 rice paper wafer daisies to each pot to serve. Will keep for 2 days in an airtight container.

PER MUFFIN energy 215 kcals • fat 9g • saturates 4g • carbs 28g • sugars 19g • fibre 1g • protein 4g • salt 0.2g

### Bake in a pot

You will need mini terracotta pots measuring 57mm wide and 50mm tall. Garden centres should have good supplies. We found ours on amazon.co.uk, £5.25 for a pack of 10.



Food styling and styling ANGELA BOGGIANO

than a bit of mixing. Be sure

to thoroughly wash and dry

the pots before using

To make the biscuit pops, you will need to buy ovenproof lolly sticks. You can get them from most cake shops, or the baking aisle of larger supermarkets





### Vanilla chick biscuit pops

MAKES 15-18 biscuits PREP 15 mins plus chilling and cooling COOK 6-7 mins



200g unsalted butter, at room temperature 100g golden caster sugar 1 medium egg, beaten 1 tsp vanilla extract 200g plain flour, plus extra for dusting 200g icing sugar 2 tbsp milk few drops yellow food colouring 75g unsweetened desiccated coconut 50g small chocolate chips 25g orange or white fondant icing, plus a few drops orange food colouring YOU WILL NEED 15-18 lolly sticks ribbons, to decorate (optional)

- 1 Put half the butter and all the sugar in a bowl. Using an electric whisk or wooden spoon, beat together until smooth and creamy. Beat in the egg and half the vanilla extract until thoroughly combined.
- **2** Tip the flour into the mixture and mix on a low speed until it comes together to form a dough. Gather up into a ball, wrap in cling film and chill in the fridge for 20 mins.
- **3** Heat oven to 180C/160C fan/gas 4. Line 2 baking trays with baking parchment. Put the biscuit dough on a lightly floured surface and roll out until about 5mm thick. Cut out the biscuits using a 6cm round cutter. Transfer the biscuits to the prepared trays and insert the lolly sticks into the sides, just a quarter of the way through. Bake for 6-7 mins until the edges are golden brown, then carefully transfer to a wire rack and allow to cool completely before decorating.
- **4** Meanwhile, make some buttercream frosting. Place the remaining softened butter in a bowl and beat with a wooden spoon. Slowly add the icing sugar, 1 tbsp at a time, until thoroughly incorporated and you have a smooth, creamy mixture. Add a little milk and the remaining vanilla extract with a few drops of food colouring to give a pale yellow colour. Chill for 5 mins.
- **5** Put the desiccated coconut in a small bowl, add a few drops of yellow food colouring and mix well until the coconut is coloured pale yellow.
- **6** Spread the buttercream frosting over one side of the biscuit and sprinkle with the coconut. Add 2 chocolate chip eyes to each. Pinch a little orange fondant icing and shape into a beak and press into the mixture. Decorate with a ribbon, if you like, and serve. Will keep for 2 days in an airtight container.

**PER BISCUIT** (18) energy 240 kcals • fat 13g • saturates 9g • carbs 28g • sugars 20g • fibre 1g • protein 2g • salt none

For more Easter baking projects, visit bbcgoodfood.com



### Maltesers<sup>®</sup> surprise cake

SERVES 15 PREP 40 MINS COOK 1 HRS 20 MINS PLUS COOLING A LITTLE EFFORT

175g caster sugar 175g butter, softened 2 medium eggs 1 medium egg yolk 175g self-raising flour 1/2 tsp vanilla extract

1 x 121g packet Maltesers® a little apricot jam

FOR THE ICING

1 x 121g packet of Maltesers $^{\mathbb{R}}$ 

2-3 tbsp single cream or milk

- 1 Heat the oven to 160C/140C fan/gas 3. Lightly grease a dome-shaped cake tin or 20cm heatproof Pyrex bowl.
- **2** Beat together the sugar, butter, eggs, egg yolk, flour and vanilla extract using an electric food mixer for about 2 mins until pale. Spoon into the prepared tin or bowl, level the surface and bake for 1 hr 5-10 mins, or until a skewer inserted into the centre of the cake comes out clean.
- **3** Remove from the heat and leave to cool for 10 mins, then turn out on to a wire rack and leave to cool completely.
- 4 Place the cake on a plate, then cut in half horizontally across the middle and hollow out the centre of the bottom slice with a pastry cutter, within 1.5cm of the edges. Fill with as many Maltesers as possible and put the top back on, brushing on warmed apricot jam to help it stick, then press down.
- **5** For the icing, place the Maltesers in a plastic bag and, using a rolling pin, very finely crush. Transfer to a pan with the cream or milk and bring slowly to the boil, stirring until the Maltesers are melted and smooth. Remove from the heat and allow to cool until the mixture is thick enough to spread. Spread over the cake and arrange any remaining Maltesers around the edges. Allow to cool completely before serving.

hen it comes to sharing fun moments with your nearest and dearest, baking has to be one of the nation's top picks – especially when you add in Maltesers and Comic Relief's Red Nose Day.

With one of the UK's favourite chocolate treats and one of Britain's best-loved charities in the mix, it's a win-win situation. Not only can you enjoy and share the deliciously light chocolate in all manner of wonderfully tempting baked delights, but you'll also be raising money for a really good cause at the same time.

That's because Maltesers, an official partner to the UK charity, is again this year selling specially designed Red Nose Day packs to help raise £1 million for the charity, with 5p being donated from every pack sold.

And, since the much-loved chocolate is the perfect baking ingredient, Maltesers is also sharing a selection of delicious recipes with you so you can have a laugh with friends and bake yourselves silly. All in the name of a charity that works tirelessly year round for a just world, free from poverty.

You can find a variety of simple and tasty recipes online at *maltesers.co.uk*, but in the meantime, try making the easy and delectable sweet treat here, Maltesers surprise cake (see left), to get going.

### THE ICING ON THE CAKE

Comic Relief's Red Nose Day is a great excuse for people across the country to get together and do something fun for money. So why not do some baking for this Red Nose Day on Friday 13 March, and hold your own bake sale to help raise even more funds?

It will give you the chance to spoil your friends, family and work mates with lovely cake, but it also means Comic Relief can use the money you raise to help people living incredibly tough lives in the UK and across Africa. Just £180 is enough to pay for three orphaned children in Zambia to go to school for a year, while £100 could pay for 20 lonely older people in the UK to go to a dinner club and make new friends. Every little bit counts.

See the box below for a few pointers on where to start and how to make your bake sale a real showstopper with Maltesers. So go on, what are you waiting for?



### **Get ready for your bake sale with Maltesers**

Whether you do it at work, at school, or your local community centre, organising a bake sale is easy, as Maltesers has created a Bake Yourselves Silly pack to help you get it off to a great start. Follow these easy steps for a top sale:

- Download the Bake Yourselves Silly pack from maltesers.co.uk.
- Get your friends and family to join in on the fun.
  - Have a look at the tasty recipes on maltesers.co.uk to get inspiration.
  - Buy your ingredients including Maltesers or Teasers to add extra deliciousness to your cakes.
  - Bake yourselves silly!
- Use the downloadable pack to add pizzazz. There are flags to decorate your cakes with, rosettes to award the yummiest and silliest, a stencil to help you add an icing sugar smiley face to creations and a table talker to help you advertise your sale.



### Step-by-step guide to assembling the Maltesers suprise cake











For more Maltesers recipes and to download a special bake sale pack, visit maltesers.co.uk

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### **CHEFS' SPECIALS**

The heat is on this month with a taste of chilli from **Raymond Blanc** and **Thomasina Miers**. If you love baking, we have a carrot cake from Raymond and an indulgent raspberry cheesecake from **James Martin** 

Edited by KATHRYN CUSTANCE Recipes tested by Home economist PETRA JACKSON

### **MasterChef**

To mark the return of MasterChef this month, we have two favourite recipes from former champion Thomasina Miers. MasterChef returns to BBC One



this month.

### Caramelised scallop, avocado & orange salad

This is one of the most delicious recipes I have created, and it really doesn't take that much time to make. I cook it for really special occasions, knowing that it will thrill friends and also involve me in no last-minute work – you can prepare everything in advance and sear the scallops at the very end.

**SERVES** 6 **PREP** 35 mins plus marinating **COOK** 15 mins

### EASY

- 4 small garlic cloves, peeled 2 tsp coriander seeds, toasted 2 tsp cumin seeds, toasted 1 chile de árbol (see Petra says, right)
- 6 tbsp olive oil 18 scallops, cleaned and trimmed 2 avocados, halved, peeled,
- de-stoned and cut into quarters juice of 1 lemon
- 3 oranges
- 1/2 tsp sugar
- 3 heads of chicory or radicchio, or a mixture
- 1 bunch coriander, leaves only, chopped
- 1 Crush the garlic, coriander, cumin, chilli and 1 tsp sea salt with a pestle and mortar, then pound together with 4 tbsp of the olive oil. Marinate the scallops in half the spice mix for at least 1 hr.
- **2** Meanwhile, cut each avocado quarter into 2 or 3 slices, squeeze over the lemon juice and season. Peel and segment the oranges by slicing off the tops and bottoms, and cutting



each orange segment out from between the membranes. Squeeze the membranes to extract as much juice as possible. Whisk 2 tbsp of the olive oil with the orange juice, along with the remaining spice mix and sugar. Check the seasoning.

- **3** Heat a frying pan over a high heat until smoking hot. Cook the scallops, 6 at a time for 3-4 mins on one side, then just a minute or two on the other, or until they look caramelised.
- **4** Gently mix the chicory or radicchio leaves, orange segments and scallops in a large bowl with the dressing. Arrange the salad on large plates, and top with the avocado slices and coriander leaves.

Petra says: 'Translated, chile de árbol means tree chilli in Spanish, I suppose because they look a little woody. However, they are sometimes called bird's beak chillies due to their shape. And, for a little chilli, it certainly packs in quite an intense heat. I buy them dried from my local Chinese supermarket.'



Recipes adapted from Chilli Notes by Thomasina Miers (£25, Hodder & Stoughton). You can buy the book for just £20. Call 01326 569444, p&p is free. Or buy online at sparkledirect. com/goodfood.

otographs TABA FISHER



Fish stew is one of those fail-safe dishes that I cook often. It reminds me of a weekend in Spain when we went out with some local fishermen and caught enough to feed 40, which we cooked in an old, beaten-up tin barrel.

I have added a crumb to this version as it lifts the stew from a cosy old supper dish into something more glamorous. Make it your own by using your favourite fish and, if you like, add shellfish for more body.

SERVES 4 PREP 20 mins COOK 40 mins

4 tbsp olive oil
2 medium onions, finely chopped
1 fennel bulb, trimmed and finely chopped
2 tsp fennel seeds, roughly ground
1 chile de árbol (see opposite)

2 good pinches saffron 4 garlic cloves, sliced 2 x 400g cans plum tomatoes 500ml fish stock, or water

600g new potatoes, scrubbed and cut into chunks 900g line-caught cod, cut into

large chunks
FOR THE ALMOND CRUMB
100g blanched almonds
1 tsp sweet smoked paprika

1 Heat oven to 180C/160C fan/gas 4. Put a large casserole over a high heat and, when hot, add the olive oil. Turn heat down to medium and add the onions and fennel. Stir in the fennel seeds, chilli and saffron, cover and leave to sweat for 10 mins. Add the garlic and cook for 5 mins more. 2 Put in the tomatoes, crushing them up with a wooden spoon, then pour in the stock or water and the potatoes and season generously. Simmer the stew for 20-25 mins or until the potatoes are completely tender. 3 In the meantime, make the almond crumb by putting the almonds on a

baking sheet, and put in the oven

for 5 mins or so, until they are pale golden in colour - keep checking during cooking as they can burn very quickly. Chop roughly to resemble coarse breadcrumbs, then mix with the paprika and 1 tsp sea salt.

4 Add the fish pieces to the stew once the potatoes are cooked and simmer for 5 mins, or until they turn opaque. Spoon into hot bowls and sprinkle over the almond crumbs.



John Torode and Gregg Wallace return to BBC One this month for their annual

seven-week search for a MasterChef champion. This year 40 amateur cooks, shortlisted from thousands, will compete in a series of brandnew and familiar culinary challenges.



### CONGRATULATIONS!

We like to support independent food shops when testing the TV recipes, and Countrystyle Meats Farm Shop (countrystyle meats.co.uk) in Lancaster is one of our favourites. So we are delighted to see the high standards of owners Alan Beecroft and Heather Cornthwaite (pictured left and second left with Laura and Philip Cornthwaite) recognised by the industry as finalists in the Butcher's Shop of the Year Awards.

In his new series, filmed at Kew Gardens, Raymond Blanc cooks dishes inspired by the fruit and vegetables he grows – starting on BBC Two this month



Grilled asparagus with vegetable crumble

This new dish mixes the flavours of spring with the warmer flavours and textures of summer. I've spiced things up a little with the smokiness that comes from grilling or barbecuing asparagus, a large sprinkling of smoked paprika and a hint of chilli.

SERVES 4 PREP 35 mins COOK 22 mins

FOR THE PAPRIKA DRESSING 3 tbsp extra virgin olive oil 1/2 tsp smoked paprika 2 tsp lemon juice FOR THE HARDBOILED EGGS **AND ASPARAGUS** 2 eggs 20 green asparagus spears, woody ends removed 2 tbsp olive oil FOR THE VEGETABLE CRUMBLE 3 tbsp olive oil 80g baby courgettes (about  $2^{1/2}$ ), pulsed in food processor for 30 secs 80g cauliflower, pulsed in food processor for 30 secs 30g banana shallot, finely diced 1/2 red chilli, finely chopped 3 large pinches smoked paprika

**1** Mix together all the ingredients for the paprika dressing and reserve.

2 tbsp lemon juice 10g parsley, chopped 5g chives, chopped

- 2 To hard-boil the eggs, use a spoon to slide the eggs gently into a small pan of water. Bring to a simmer for 13 mins, then remove and immediately run under cold water. While still warm, peel the eggs and transfer to the fridge. Once cold, separate the whites from the yolks and grate each part on the coarse side of the grater (keep them separated), then set aside.
- **3** To prepare the asparagus, lay 5 spears side-by-side and secure them together with two metal skewers (thread these through, one at each end avoiding the tips, so that the spears keep straight). Repeat with the remaining three batches of five. Blanch in boiling water for 3 mins, then immediately plunge into cold

water to stop them cooking further and dry thoroughly, leaving them on the skewers.

- **4** To cook the asparagus, heat a griddle pan on a high heat. Brush the skewered spears lightly with 2 tbsp of the olive oil. When the pan is hot, lay the asparagus flat and leave for 3 mins to score deep griddle marks. Turn over using tongs and griddle for another 3 mins. If necessary, do the griddling in batches, keeping the asparagus warm in an oven set at 80C/60C fan/gas <sup>1</sup>/<sub>4</sub> while you griddle the remaining asparagus.
- **5** For the vegetable crumble, in a large sauté pan on a high heat, add the olive oil and fry the courgette, cauliflower, shallot, chilli, paprika

and a good pinch of salt for 30 secs. Add 80ml water, the lemon juice, parsley, chives and egg white, and boil for 5 secs, then remove from the heat. Stir in the egg yolk and check the seasoning.

**6** To serve, place a spoonful of the crumble in the centre of each plate and arrange a stack of the grilled asparagus on top. Finish with a drizzle of the paprika dressing.

Petra says: 'When it comes to asparagus spears, I generally prefer to keep things simple, as I don't think you should upstage them. So I was a bit wary of this recipe on first reading. But wow, the flavours and textures of this are sensational. Serve it as a starter or as a light meal this spring. I'm sure it's a dish you'll want to make again.'



### Carrot cake

The spicing and flavouring of the cake is up to you - make it your canvas with a hint of cumin, allspice or cardamom as well as, or in place of, the cinnamon and ginger. You can even add orange zest if you wish.

Although this recipe makes two cakes, it freezes very well (un-iced) and can be kept frozen for up to 1 month. Ice the cake once it is thoroughly defrosted.

MAKES 2 cakes PREP 30 mins COOK 45 mins EASY

FOR THE CARROT CAKE 300g light brown sugar 3 medium eggs 100g marzipan, grated 1 tsp vanilla extract 300ml sunflower oil 300g plain flour 1 tsp bicarbonate of soda 1 tsp baking powder 1 tsp ground cinnamon 1 tsp ground ginger 100g sultanas 300g carrots, grated FOR THE ICING AND TOPPING (optional) 75g cream cheese 25g unsalted butter, softened 75g icing sugar 30g pecan nuts or walnuts, toasted to decorate

- 1 Heat oven to 170C/150C fan/gas 31/2. Line two 26 x 9 x 8cm terrine moulds or 900g loaf tins with baking parchment, leaving an overhang of paper.
- 2 To prepare the batter, use a food mixer on medium speed to whisk together the sugar, eggs, marzipan and vanilla for 4 mins, or until smooth and light. Continue mixing and pour in the sunflower oil in a steady stream. Mix together the flour, bicarbonate of soda, baking powder, 1/2 tsp sea salt and spices, then sift. Fold into the wet mixture until fully incorporated. Lastly, fold in the sultanas and carrot, then pour into your terrine moulds or tins.
- 3 Bake the cakes for about 45 mins. To check if they are cooked, insert a sharp paring knife into each and touch it gently to your lips - it should feel hot. For greater accuracy, insert a probe - it should read 76-82C. Remove the cakes from the oven. take out of the moulds or tins and leave to cool on a cooling rack. It is important to turn them out of the

moulds immediately so they don't steam inside the moulds. The cake can be eaten as it is, but, for more of a celebration, you can ice it.

**4** To make the icing, briskly beat together the cream cheese, butter and icing sugar in a large mixing bowl. Once the cakes are completely cool, use a palette knife to spread the icing on top of each loaf and finish by scattering over a few whole toasted pecan nuts or walnuts.



**Recipes adapted** from Kew on a Plate with Raymond Blanc (£25, Headline). You can buy the book for just £22.50. Call

01326 569444, p&p is free. Or buy online at sparkledirect.com/goodfood.

'As a Frenchman, I confess that I have always regarded the British tendency to use vegetables in cakes with a degree of scepticism, but I was pleasantly surprised by the result. The French would probably use butter, whereas my British friends would most likely use oil, which helps to keep the cake moist for longer.' **Raymond Blanc** 

### **GROWING ENTHUSIASM**

Last year Raymond Blanc and the BBC were granted access to the Royal Botanical Gardens at Kew to create a unique garden on the site of Queen Victoria's royal kitchen garden.

Raymond and co-presenter Kate Humble spent the year planting and nurturing heritage varieties of some

of our favourite fruit and vegetables

- and, of course, cooking delicious dishes inspired by the produce.

'There is astonishing history, science and stories of human endeavour behind the everyday vegetables we grow, cook and eat,' says Kate. Catch this four-part series on BBC Two this month.

### Saturday Kitchen For a special Easter gathering, try this impressive cheesecake

from James Martin. Join him live on Saturdays at 10am on BBC One



White chocolate, bourbon & raspberry cheesecake

This easy baked cheesecake is melt-in-your-mouth smooth, with an added kick from the vanilla-scented bourbon and the tartness of raspberries.

CUTS INTO 8 slices PREP 40 mins COOK 1 hr

300g white chocolate, chopped 350ml double cream 1 x 22cm ready-made sponge 50ml bourbon, plus extra for sprinkling on sponge 750g full-fat soft cream cheese 11/2 tsp vanilla extract 2 lemons, finely grated zest and juice 3 eggs, separated 200g golden caster sugar 4 tbsp cornflour 250g raspberries icing sugar, for dusting FOR THE RASPBERRY SAUCE 250g raspberries 2 tbsp icing sugar

- 1 Heat oven to 180C/160C fan/gas 4. Lightly grease a 22cm springform cake tin and sit this on a large sheet of foil. Wrap the foil around the base of the tin to seal the bottom. Put in a small roasting tin. Put 200g of the chocolate and cream into a bowl set over a pan of simmering water. Don't let the base of the bowl touch the water. Heat until the chocolate has just melted.
- 2 Put the sponge in the base of the cake tin and sprinkle with a little bourbon. Put the cream cheese into a mixing bowl and add the vanilla. Beat together with the lemon, bourbon, egg yolks, sugar, cornflour and melted chocolate cream. Mix until thoroughly combined. Carefully fold in the raspberries and remaining chocolate. **3** Whisk the egg whites in a clean bowl until stiff peaks form, then gently fold into the cheesecake mix. Carefully spoon the mixture into the cake tin. Pour about a 1cm depth of warm water into the roasting tin (this will help to create steam during cooking). Bake in the centre of the oven for 45 mins-1 hr, or until the top is golden brown and the cheesecake still has a

slight wobble in the middle. Check



during cooking and cover loosely with foil if the top is browning too quickly. Remove from the oven, lift out of the roasting tin, unwrap the foil and leave to cool completely before removing from the tin.

4 To make the raspberry sauce, put the raspberries, sugar and 50ml water in a blender and purée until smooth. Push through a fine sieve into a bowl. Slice the cheesecake and dust each portion with icing sugar. Serve with a drizzle of the sauce.

### HAPPY BIRTHDAY, SATURDAY KITCHEN!

Saturday Kitchen will be broadcasting its 400th programme under James Martin's stewardship on Saturday 21 March, making it the longest-running Saturday morning show in TV history - beating even Tiswas, which ran for eight years.

'It's the holy grail in TV to come up with a long-running format', says Saturday Kitchen's executive producer, Amanda Ross. 'But when we devised the whole new Saturday Kitchen 10 years ago, it was beyond our wildest dreams that we'd hit 400 shows! It's a testament to my fabulous team, most of whom have been with the show from the start. It's a privilege to have the opportunity to work with so many world-class chefs.'

■ James has already cooked more than 1,000 recipes - catch the show every Saturday to watch him cook more!



Recipe adapted from Saturday Kitchen Suppers (£20, Weidenfeld & Nicolson). You can buy the book for just £18. Call 01326 569444, p&p is free. Or buy online at sparkledirect.com/goodfood. ■ You can also catch highlights from Saturday Kitchen in Saturday Kitchen Best Bites on BBC Two on Sunday mornings.



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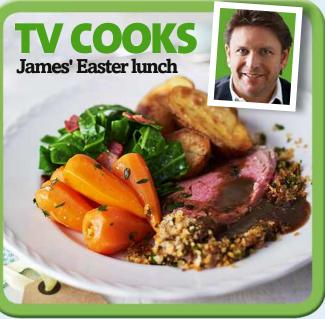
Rhubarb ripple frozen dessert











Fabulous tried & trusted recipes in the April issue, on sale now!

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### **My kitchen** Claudia Roden

The award-winning food writer shows **Holly Brooke-Smith** around her kitchen of 40 years Photographs GEOFF WILKINSON

Egyptian-born author Claudia Roden went to school in Paris, then studied at St Martin's School of Art in London. In the late Fifties, she started collecting recipes from the growing expat community of Egyptians who had fled the Suez crisis – beginning a lifelong passion for chronicling recipes and food cultures.

Her first book, *A Book of Middle Eastern Food*, was published in 1968 and her 19th, *The Food of Spain*, in 2011. Claudia has won many international awards throughout her career, including the Life Achievement Award from the Guild of Food Writers in 2012. She lives in north London.

### How has your kitchen evolved?

I've been here for just over 40 years. When we arrived, we didn't do any breaking of space or anything like that – just painted and covered the wood, put up a beam and installed the kitchen cabinets. I only change something when it stops working. I've had just one new fridge in 40 years, but I've changed the hob a couple of times.

### How does the space work for you?

The beauty for me is that I'm always cooking, and people can be anywhere in this room and they're part of the cooking. Often guests will help me to cook.

When I have my children and grandchildren over, we always fill this room. I used to entertain quite a lot and would have lots of people all in the dining room area, but now I like to have fewer people and we sit in the kitchen.

### Have you always cooked on gas?

When we first moved in, I actually had an Aga. I gave it away to the young builder doing the kitchen. Maybe I should have kept it, but as a food writer you have to be very precise with recipe times and methods. You can't give exact temperatures with an Aga.

I was heartbroken to give it away, but five years ago I got a letter from the same builder – he'd moved to Scotland and wrote to say how happy he was to have had the Aga all this time.

### Tell us about your collection

All the objects that I have are memories. I just collect things that people gave me or left here, or I bought somewhere to remind me of something. For instance, I bought my dresser in Ireland when I taught at Ballymaloe. I have plates bought on a trip to Rye and also a big platter, which is my daughter's.

### Are you still collecting?

In the past, when I was researching recipes, I wanted the object to accompany them – I would buy a big tagine, for instance, a plancha in Spain, or something to make a fondue from France. I liked anything that was unusual. But now you can buy it all here. So sometimes I'd have bought something heavy and carried it all the way home, then gone to John Lewis and it's there! So I gave up on that a bit.

### What's important to you in the kitchen?

I came from a very big family in Egypt; our extended family was hundreds of people. I was brought up with everyone eating together, and being convivial is what it's all about for me. It's the most important part of food. In Italy that's how it is, in Spain, in the Middle East – the whole of the Mediterranean. It is about family eating together, having fun over food.

### Coffee granita & whipped cream

4 tbsp golden caster sugar, or to taste 1 litre good strong black coffee 200ml full-fat whipping cream 1/2 tbsp icing sugar, or to taste

1 Dissolve the sugar in the coffee while it is still hot (it is best made not too sweet). Let it cool, then pour into ice cube trays. Cover with cling film and put in the freezer overnight.

**2** Take out and process in a food processor to a soft consistency, then pour into a serving bowl, cover with cling film and return to the freezer.

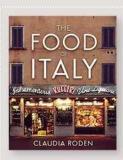
**3** Whip the cream with an electric mixer for about 5 mins until it forms stiff peaks, adding sugar to taste. Cover with cling film and keep chilled in the fridge.

**4** Take the granita out of the freezer 10 mins before you are ready to serve. Serve in glasses, topped with the whipped cream.

**PER SERVING** (8) energy 141 kcals • fat 10g • saturates 6g • carbs 12g •

 fat 10g • saturates 6g • carbs 12g • sugars 12g • fibre none • protein 1g • salt none

■ Recipe adapted from *The*Food of Italy (£25, Square Peg).



### Mapping Italian food

Claudia wrote
The Food of Italy
in 1990 and it
was republished
last year. She
explains the
changes she's
seen in the

country's cuisine in the intervening 25 years.

I was travelling and researching in Italy almost 30 years ago and it was hard to get regional food across the country. Catering schools taught classic French cuisine instead of regional Italian. The Italian dishes they taught, which were recognised internationally, were always the same ones, like lasagne.

At the same time there was a kind of nouvelle cuisine, the nova cucina. Everyone was cooking strange things like salmon ravioli with whisky, or kiwi in a risotto tricolore. I would say: 'I don't want to eat this - I want to eat local dishes, that's all I'm here for.' Now, much of that nova cucina style is gone, and what has happened is that people are really interested in tradition.

Although the one difference is that they learn it from the internet, not their mother.

### **REGIONAL VARIETY**

When I was travelling, no one from one part of Italy wanted to know about another region – they were always disparaging about other parts of the country. But now they are interested in each other and, via the internet, it's all shared.

In Rome, people go out to eat just pasta with cheese. In the south, they have spaghetti aglio e olio (with garlic and oil). Italians do love their food, and they all share the whole country's traditions now.

Back then, there was no regional Italian food in the UK either; places like the River Café hadn't opened. Italian restaurants all did exactly the same - really bad - food. You couldn't even buy ingredients like ricotta unless you went to Soho - unbelievable now.

### FINDING INGREDIENTS

I have changed some of the recipes in the new edition. Farro grain is something you couldn't get before, so I didn't think it was worth putting in because no one could buy it. But now I've got a very simple farro salad in there with a beautiful dressing.

I've also included some of my chestnut recipes since you can get them now too. Plus seafood like baby octopus and soft-shell crabs – you can buy them frozen, which you never could before.

I've taken out the recipes with frogs though. When I was there, I went to a restaurant where everything was frogs. I felt I had to put some in the first edition, but now I've got rid of them - although they were nice to eat!

### **Good reads**



### Kitchen multi-tasker



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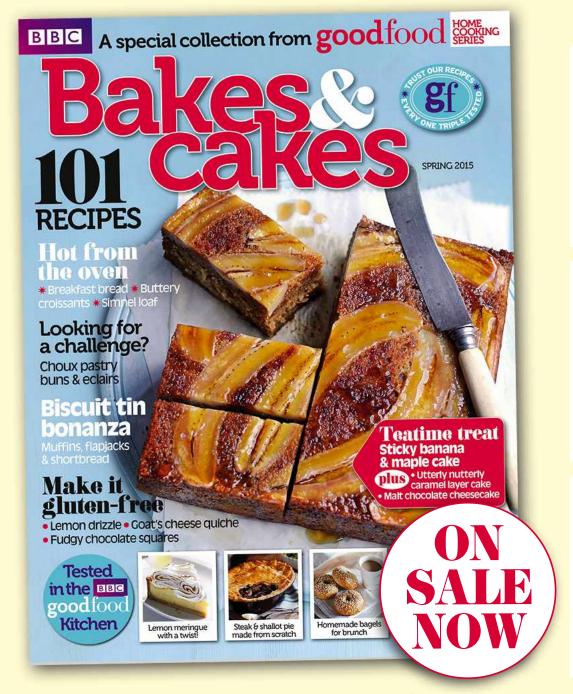
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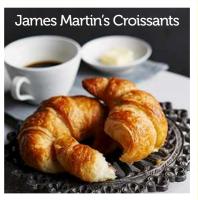
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### See gdfriviera.co.uk to view video highlights of the trip.













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The island of Sicily, off the southernmost tip of Italy, is one of the few places in Europe that can genuinely be called unspoilt. It has remarkably uninhabited countryside. a dramatic indented coastline, and snow-capped Mount Etna provides a magnificent backdrop. The Carthaginians, Romans, Normans, Spanish, French and finally the Italians have conquered it. The island's fascinating relics include temples, ancient amphitheatres, churches, monasteries, villas and atmospheric old towns.

### Fully escorted price includes

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- Visit Taormina, a chic hilltop town with panoramic views.
- Guided tour of Piazza Armerina, once completely buried, now a remarkably preserved Roman villa.
- Visit to Mount Etna Europe's largest active volcano.
- Guided tour of Monreale's medieval cathedral.
- Visit to Siracusa one of the Ancient Greek empire's richest cities.
- Escorted by an experienced tour manager.

### See gdfriviera.co.uk to view video highlights of the trip.

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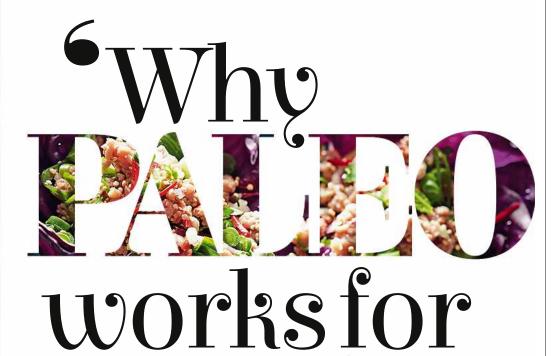
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### EAT WELL

Should you go Paleo? The diet everyone's talking about, plus new recipes to try Comfort food made healthier







Pete Evans, Australian chef and food writer, explains how he is thriving on a back-to-basics approach to cooking and eating

As a chef, I've probably cooked more than a million meals over the past 25 years. Increasingly, I've found myself wanting to create dishes that tick all the boxes nutritionally. I've always been interested in health and well-being, and now – at the age of 40 – I am also a qualified health coach.

I first began adapting to a Paleo style of eating about three years ago – it simply means eating the way our ancestors did (see box, right). Before humans began farming and processing food, they lived on nutrient-dense vegetables, fruits and nuts, seeds, fish, shellfish, poultry and game. They ate none of the highly processed and refined foods that form the bulk of Western diets today.

Although I favour a Paleo approach, I'm aware that no single diet is perfect for everyone. My recipes reflect what works for me and my family, but I encourage you to experiment with them and create your own dishes.

Personally, my body works best with a Paleo-inspired diet free from dairy, yeast, wheat, gluten, grains, sugar and anything processed. It's not about restrictions. Think of it as adding so much good into your diet that you forget, or are no longer hungry for, the bad.

Eating quality proteins like grassfed beef and wild-caught fish, as well as eggs and healthy fats, gives you an unbeatable satiated feeling. I can honestly say that I've never felt better.

### What exactly is the Paleo diet?

This way of eating – also known as the 'caveman diet' and 'hunter-gatherer diet' – is said to go back to basics, writes Kerry Torrens, Good Food's Nutritional therapist. Paleo fans aim to eat as naturally as possible, opting for grass-fed meats, an abundance of fruit and vegetables, plus other whole foods, including nuts and seeds.

Some more relaxed versions of the regime (which is less a 'diet' and more a change in lifestyle) allow low-fat dairy products and potatoes, while truly rigorous versions shun even fruit or veg that is considered to contain too much fructose. Paleolithic eating was first promoted by a gastroenterologist, Dr Walter L Voegtlin, who published *The Stone Age Diet* in 1975. This paved the way for different approaches, all with similar core principles.

### THE BENEFITS

Said to promote a more natural way of eating, in tune with how our bodies have evolved, Paleo is relatively low in carbs, and rich in lean protein and plant foods. The latter gives us all-important fibre, vitamins, minerals and phyto (plant) chemicals. Unlike some other low-carb diets, Paleo doesn't promote high-fat foods and salty, processed meats.

Will it help you to lose weight? This isn't necessarily the point of the diet. However, if you cut out grains, dairy, processed foods and sugar, and only eat a minimum of saturated fats, then you probably will shed some pounds.

### THE DOWN SIDE

Critics say that Paleo ignores the health benefits of whole grains, as well as beans, legumes and starchy vegetables. Numerous studies have reported a reduction of heart disease in those who regularly consume three servings of whole grains a day.

Also, the low-GI (glycaemic index) properties of beans and legumes make them useful for managing blood sugar highs and lows. Starchy vegetables are also a convenient and powerful source of nutrient-dense energy. All these foods supply valuable B vitamins, which – among other things – help us to unlock the energy in our food.

Finally, cutting out dairy completely may lead to calcium deficiencies. Any diet that leaves out whole food groups can lead to side effects - so be aware of this. In this case, you could experience fatigue and dizziness because of lower levels of carbs, and be short on key vitamins and minerals.

### **AND WHAT WHAT YOU CAN EAT...** YOU CAN'T • Lean meat Processed food Seafood • Cereal grains (not • Eggs including quinoa, • Fruit which is a seed) Vegetables Refined sugar Healthy fats Potatoes (found in whole Legumes foods such as • Salt nuts, seeds, Dairy olive oil and Alcohol grass-fed meat) Refined Honey vegetable oils Maple syrup Root vegetables\* \*Some followers of Paleo cut out root vegetables, as they contain high levels of fructose (sugar); others don't.

• Turn the page for Pete's Paleo-inspired recipes, and visit bbcgoodfood.com for more information

### Chilli's muesli

My eldest daughter, Chilli, loves her muesli, but has a gluten and wheat intolerance. Unfortunately, many of the gluten-free muesli options are too high in sugar. So my girlfriend, Nic, created this healthy mix of nuts and seeds. You will need to start this recipe two days in advance.

MAKES 8-10 servings PREP 20 mins plus overnight soaking **COOK** 6-8 hrs

EASY V FIBRE GLUTEN

160g almonds 160g macadamia nuts 100g buckwheat 75g sunflower seeds 75g pumpkin seeds 40g sesame seeds 2 tbsp ground flaxseeds or chia seeds 120g dried goji berries 2 Pink Lady apples, peeled, cored and roughly chopped 80ml coconut oil 1 tbsp ground cinnamon 1 tsp vanilla extract 1 tbsp licorice root powder (see right) 1 tsp ground ginger honey, to taste (optional) 65g shredded coconut nut milk or coconut milk, to serve

- 1 Place the nuts, buckwheat and seeds in a large bowl. Cover with room-temperature water and soak for 7 hrs. Also place the goji berries in a small bowl, add just enough water to cover and soak overnight.
- 2 The following day, heat your oven to as low as it will go. Line a large tray with baking parchment. Drain the nuts, buckwheat and seeds, and rinse well. Dry thoroughly using a clean tea towel or kitchen paper and process in a food processor. It's up to you how long



you process them for; it depends whether you prefer a chunky or fine muesli. Transfer to a bowl and rinse the food processor.

- 3 Drain the goji berries and put in the food processor. Add the apple, coconut oil, cinnamon, vanilla, licorice root powder, ginger, a pinch of sea salt and honey (if using), and process to a fine purée. Combine the two mixtures in a large bowl and stir well. Spread out on the prepared tray and place in the oven for 6-8 hrs, or until you reach your desired level of crunch. Carefully give the muesli a light toss every few hours.
- 4 Remove the muesli from the oven and allow to cool before breaking it into bite-sized pieces. Combine with the shredded coconut and store in an airtight glass container. The muesli will keep for up to four weeks. Serve with nut or coconut milk and a sprinkling of blueberries and raspberries.

PER SERVING (10) energy 548 kcals • fat 43g • saturates 14g • carbs 22g • sugars 10g • fibre 7g • protein 13g • salt 0.2g

• Traditionally used in Chinese medicine to aid digestion, licorice root powder adds a subtle sweet taste to dishes. Find it in health food shops or online, including at justingredients.co.uk.



Recipes adapted from Paleo Every Day, by Pete Evans (£18.99, Macmillan). You can buy the book for just £17.09. Call 01326 569444, p&p is free. Or buy online at sparkledirect.com/goodfood.





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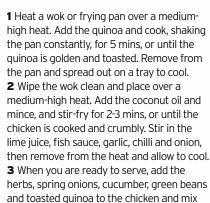


### Laotian chicken salad with toasted quinoa

This classic dish from the South-east Asian country of Laos traditionally features ground toasted rice as its textural component. I've experimented and found that toasted quinoa works just as well, if not better. You can use any mince for this recipe – pork, beef, duck, prawn - and it will be delicious. I like to use organic chicken at home, as it's a great way to eat organic without breaking the bank.

SERVES 4 PREP 30 mins COOK 10 mins EASY LOW LOW VIT C 2 OF 5 K

80g quinoa 1 tbsp coconut oil 500g chicken mince 80ml lime juice 2 tbsp fish sauce 1 garlic clove, finely chopped 1 small red chilli, halved, seeded and sliced 1/2 small red onion, finely diced handful Thai basil leaves, torn large handful coriander leaves torn handful Vietnamese mint leaves, torn large handful mint leaves, torn 6 spring onions, green part only, finely sliced 1 Lebanese cucumber, finely diced 120g green beans, finely sliced



1 red cabbage, leaves separated

leaves and serve. PER SERVING energy 277 kcals • fat 7g • saturates 3g • carbs 17g • sugars 6g • fibre 3g • protein 34g • salt 1.8g

seasoning. Spoon the salad into red cabbage

well to combine. Taste and adjust the

### Orange, carrot & beetroot juice

SERVES 1-2 PREP 10 mins NO COOK EASY LOW FOLATE VIT C 10F5 %

Juice 3 peeled navel oranges, 8 carrots, a 5cm piece ginger, a 2.5cm piece fresh turmeric and 4 roughly chopped beetroots, and serve immediately.

**PER SERVING** (2) energy 141 kcals • fat 1g • saturates none • carbs 29g • sugars 28g • fibre 3g • protein 3g • salt 0.5g



### Salmon with pomegranate & herbs

SERVES 8-10 PREP 30 mins COOK 1 hr 45 mins A LITTLE EFFORT CALCIUM IRON OMEGA-3 GLUTEN

1.2kg side fillet of salmon, skin left on and pin-boned

2 tbsp coconut oil seeds of 1 pomegranate, to serve pomegranate molasses, to serve (optional) TO MAKE THE TAHINI DRESSING

350g tahini 100ml lemon juice

2 tsp around cumin 2 garlic cloves, crushed TO MAKE THE HERB CRUST

1 red onion, finely chopped

2 very large handfuls of coriander leaves, finely chopped

2 large handfuls of flat-leaf parsley leaves, finely chopped

1 large handful of mint leaves, finely chopped

3 long red chillies, finely chopped 100g almonds, finely chopped 100g walnuts, finely chopped 2 tbsp sumac 150ml olive oil

1 Heat oven to 70C. Rub the salmon all over with the coconut oil and season. Wrap the salmon in baking parchment, leaving the seam on top and twisting the ends to seal. Tie kitchen string around the parchment in three different places. Place the wrapped salmon on a baking tray and bake for 30-45 mins, or until it is slightly pink in the centre.

2 Meanwhile, to make the tahini dressing, place all the ingredients in a food processor with 80ml water. Mix to form a thick sauce. To make the herb crust, combine all the ingredients in a bowl and season.

**3** Remove the salmon from the parchment and transfer to a serving platter. Spread some tahini dressing on top, then cover with the herb crust. Sprinkle on the pomegranate seeds and drizzle over a little pomegranate molasses (if using). Serve with the remaining tahini dressing on the side.

PER SERVING (10) energy 688 kcals • fat 59g • saturates 10g • carbs 3g • sugars 2g • fibre 4g • protein 35g • salt 0.2g



### I stuck at it for just three weeks

Our Health editor, Roxanne Fisher, attempted to unleash her inner cavewoman

As a health writer and editor, I was curious about this much-talked-about regime and wanted to see if it would work for me.

After a week of gorging on whole foods, I felt clean from the inside out, my skin was glowing and I felt truly nourished. However, by week two I was feeling lethargic and fed up. My body wasn't used to relying solely on fat and protein for energy, and was crying out for carbohydrates. I struggled to concentrate, and simple daily tasks became a challenge, while the prospect of exercise seemed impossible.

I lasted three weeks - nine days shy of the 30 you're advised to commit to. I'd lost half a stone, but felt tired and low. Once I started eating normally again I quickly put the weight back on, and then some. Cutting out an entire food group didn't do me any favours, although the diet highlighted how much processed food we idly consume, even when we think we're being healthy. I now

### COMFORT FOOD MADE LIGHTER



**Angela Nilsen** finds creative ways to give five favourite comfort food dishes a healthy makeover. Her lighter versions offer all the taste of the originals, but with far less of the fat, carbs and calories

Photographs MIKE ENGLISH

Much
healthier
just as
delicious

### Lighter Chicken cacciatore

An Italian classic, which means 'hunter's stew', this dish is often traditionally cooked with a whole jointed chicken, pancetta and a good slug of olive oil. All delicious, but high in fat. With just a few small changes, I've reduced the fat levels and the calories, but it still tastes so good. It's also smart enough to serve for a gathering with family or friends.

SERVES 4 PREP 15 mins COOK 50 mins

LOW FOLATE 2 OF 5 GOOD \*\*

LOW FOLATE 2 OF 5 GOOD \*\*

LOW FOLATE 2 OF 5 GOOD \*\*

1 tbsp olive oil
3 slices prosciutto, fat removed, chopped
1 medium onion, chopped
2 garlic cloves, finely chopped
2 sage sprigs
2 rosemary sprigs
4 skinless chicken breasts (550g/1lb 4oz total weight), preferably organic
150ml/<sup>1</sup>/4pt dry white wine
400g can plum tomatoes in natural juice
1 tbsp tomato purée
225g/8oz chestnut mushrooms, quartered or halved if large
small handful chopped flat-leaf parsley, to serve

- 1 Heat the oil in a large non-stick frying pan. Tip in the prosciutto and fry for about 2 mins until crisp. Remove with a slotted spoon, letting any fat drain back into the pan, and set aside. Put the onion, garlic and herbs in the pan and fry for 3-4 mins.
- 2 Spread the onion out in the pan, then lay the chicken breasts on top. Season with pepper and fry for 5 mins over a medium heat, turning the chicken once, until starting to brown on both sides and the onion is caramelising on the bottom of the pan. Remove the chicken and set aside on a plate. Raise the heat, give it a quick stir and, when sizzling, pour in the wine and let it bubble for 2 mins to reduce slightly.
- 3 Lower the heat to medium, return the prosciutto to the pan, then stir in the tomatoes (breaking them up with your spoon), tomato purée and mushrooms. Spoon 4 tbsp of water into the empty tomato can, swirl it around, then pour it into the pan. Cover and simmer for 15-20 mins or until the sauce has thickened and reduced slightly, then return the chicken to the pan and cook, uncovered, for about 15 mins or until the chicken is cooked through. Season and scatter over the parsley to serve.

PER SERVING energy 262 kcals • fat 62g • saturates 1.3g • carbs 6.9g • sugars 5.2g • fibre 2.7g • protein 38.7g • salt 1.0g

### What's the difference? Lighter Classic serving chicken cacciatore version kcals 620 262 40.3q 6.2g fat saturates 11.5g 1.39 1.8g 2.70 fibre salt 1.6g 1.0g

Every month Angela Nilsen gives an indulgent recipe a healthy, modern makeover. You can find more of her lighter recipes at *bbcgoodfood.com*. Many of Angela's recipes have also been collected in a book, *Make It Lighter* (£14.99, Hamlyn). You can buy the book for just £13.49. Call O1326 569444, p&p is free. Or buy online at *sparkledirect.com/goodfood*.





Lighter Fish finger samies
The classic consists of a few fried fish
fingers and a squeeze of mayonnaise

fingers and a squeeze of mayonnaise or ketchup, sandwiched between buttered white bread. Highly comforting, but full of fat, salt and carbohydrates.

My lighter version is made as an open sandwich. I make and grill my own fish fingers, then add a yogurt spread rather than mayonnaise. The result? The fat levels, salt and calorie

count are more than halved.

MAKES 2 (easily doubled) PREP 15 mins COOK 7 mins

EASY VIT C 

K

25cm/10in-long piece ciabatta, cut from a loaf

2 tsp rapeseed oil

3 tbsp low-fat, Greek-style natural yogurt

1/2 tsp horseradish sauce

1 heaped tbsp snipped chives

200g/7oz skinless haddock loin (or other plump white fish), preferably from

a sustainable source

1 egg, beaten

25g/1oz panko or coarse dried breadcrumbs

1/4 tsp paprika

8 thin cucumber slices

handful rocket leaves

lemon wedges, to serve

**1** Slice the piece of ciabatta in half horizontally, drizzle or brush over 1 tsp oil, then place on a non-stick baking sheet. Mix together the yogurt, horseradish sauce and chives, and season well with pepper. Set aside.

**2** Heat the grill for 5 mins. Cut the fish into 4 chunky fingers (about 10 x 2.5cm). Put the beaten egg on one plate, season with pepper, and put the breadcrumbs on another. Crumble any of the larger breadcrumbs into finer ones with your fingers, then season with the paprika, a pinch of salt and some pepper. Coat the fish fingers first in the beaten egg, then in the crumbs, rolling them around so they are completely coated. Lay them on the baking sheet (with the bread) and drizzle over the remaining oil.

**3** Grill the bread for 2 mins until just starting to turn pale golden. Grill the fish for 5-7 mins until cooked and golden.

**4** Spread the yogurt mix over each piece of bread, top with cucumber slices and rocket, squeeze over a little lemon juice and finish with the fish fingers. Serve each sandwich with a lemon wedge for squeezing over.

PER SARNIE energy 293 kcals • fat 7.3g • saturates 1.4g • carbs 28.2g • sugars 3.9g • fibre 1.7g • protein 27.8g • salt 1.2g





### Lighter Spaghetti & meatballs

I've been a bit sneaky here. By mixing in some lentils with the mince, the saturated fat levels have been dramatically reduced. No one will know, as the taste has been sharpened up with lots of herbs, mustard and garlic, and juicy cherry tomatoes for the fresh tomato sauce.

SERVES 4 PREP 30 mins COOK 35 mins

EASY LOW FIBRE IRON 2 PAS 4000

meatballs and sauce only

1 tsp rapeseed oil 280g/10oz spaghetti FOR THE MEATBALLS 200g/7oz green lentils (well drained weight from a 400g can) 250g/9oz lean minced pork (max 8% fat) 1/2 tsp finely chopped rosemary 1/2 tsp Diion mustard 1 garlic clove, crushed FOR THE SAUCE 1 tbsp rapeseed oil 2 shallots, finely chopped 2 garlic cloves, finely chopped 500g/1lb 2oz cherry tomatoes, preferably on the vine, halved 2 tsp tomato purée pinch of chilli flakes 2 tbsp chopped oregano, plus a few chopped leaves to garnish

1 Heat oven to 200C/180C fan/gas 6. Line a baking sheet with foil and brush with 1 tsp oil. Mash the lentils in a bowl with the back of a fork to break down a bit, but not completely. Stir in the pork, rosemary, mustard, garlic, some pepper to generously season, and mix well with the fork to distribute the lentils evenly. Divide the mixture into 4. Form each quarter into 5 small balls - to give you 20 in total - squeezing the mixture together well as you shape it. Lay the meatballs on the foil

and roll them around in the oil to coat all over. Bake for 15 mins until cooked and lightly browned. Remove (leave the oven on) and set aside.

**2** While the meatballs cook, heat 2 tsp of the oil for the sauce in a large non-stick frying pan. Tip in the shallots and garlic, and fry on a medium heat for 3-4 mins until softened and tinged brown. Pour in the remaining 1 tsp oil, lay the tomatoes in the pan so most of them are cut-side down (to help release the juices), raise the heat and fry them for 3-4 mins or until the tomatoes are starting to soften and release their juices. Don't stir. or they may lose their shape. Splash in 125-150ml water so it all bubbles, and gently mix in the tomato purée. Lower the heat and simmer for 2 mins to create a juicy, chunky sauce. Season with the chilli flakes, oregano, pepper and a pinch of salt, and give it a guick stir, adding a drop more water if needed - you want it thick enough to coat the meatballs.

**3** Pour the sauce into a casserole dish, add the meatballs and spoon the sauce over them to coat. Cover with foil and bake for 10 mins while you cook the spaghetti.

**4** Boil a large saucepan of water. Add the spaghetti, stir and bring back to the boil. Cook for 10-12 mins, or following pack instructions, until al dente. Drain well, season with pepper and serve with the meatballs, sauce and a light sprinkling of oregano.

**PER SERVING** energy 473 kcals • fat 11.6g • saturates 2.8g • carbs 60.6g • sugars 7.6g • fibre 8.8g • protein 27.3g • salt 0.4g

Per serving	Classic spaghetti & meatballs	Lighter version
kcals	776	473
fat	31.7g	11.6g
saturates	10.8g	2.8g
fibre	5.9g	8.8g
salt	0.9q	0.49



The depth of the rice pudding mixture in the baking dish is important to ensure it doesn't dry out during the long, slow cooking.

Choose a small, shallow dish where the depth of the pudding mixture is about 4cm/11/2in once it has been poured in.

### Lighter Creamy vanilla rice pudding

Many versions I looked at use lots of cream. To retain that richness, but for a lighter result, I adjusted some ingredients, including using light muscovado sugar for its depth of flavour, so less sugar is needed.

SERVES 4 PREP 5 mins COOK 11/2 hrs

EASY LOW CALCIUM 

A

1/4 tsp butter, for greasing 85g/3oz short-grain (pudding) rice 1 tbsp light muscovado sugar 2 tsp golden caster sugar 700ml/1¹/4pts semi-skimmed milk, plus 50ml/2fl oz ¹/2 vanilla pod 3 tbsp half-fat crème fraîche fresh raspberries, to serve (optional)

**1** Heat oven to 15OC/13OC fan/gas 2. Grease a 1.2-litre (about 5cm deep) ovenproof baking dish (see tip, below left) and stand it on a baking tray. Tip the rice into a pan with both the sugars and all the milk. Split the  $\frac{1}{2}$  vanilla pod horizontally, scrape out the seeds into the pan and drop in the pod. Heat the milk, whisking. As it is about to come to the boil, immediately remove from the heat. Pour the mixture into the dish, scraping out all the rice and seeds from the bottom of the pan.

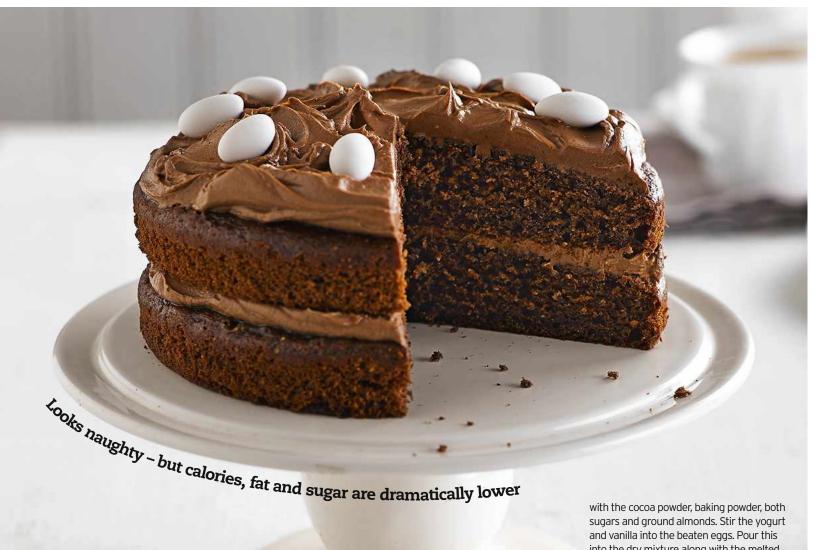
**2** Bake for 30 mins, then remove and stir. Return the pudding to the oven for another 30 mins. Stir again and return for a further 25-30 mins until the rice is cooked and has absorbed enough of the milk to give the mixture a creamy consistency.

**3** Remove the pudding, let it sit for 1-2 mins, then stir in the crème fraîche to make it extra creamy. Serve with raspberries, if you like.

**PER SERVING** energy 204 kcals • fat 6.1g • saturates 3.9g • carbs 29.0g • sugars 12.6g, • fibre 0.6g • protein 8.1g • salt 0.2g

		ence?
Per serving	Classic rice pudding	Lighter version
kcals	633	204
fat	52.6g	6.1g
saturates	32.8g	3.99
sugars	17.7g	12.6g







To stop the chocolate from overheating and then seizing:

- Chop it into very small pieces so it melts quicker.
- Don't let the bowl it is in touch the water in the pan.
- Once the chocolate has melted, remove the bowl from the pan immediately.

### Lighter Chocolate cake with chocolate icing

For me, the ideal chocolate cake is one that takes me back to childhood – a rich-tasting, light-textured sponge, topped with buttery icing. I've recreated this, but swapped some key ingredients.

CUTS INTO 10 slices PREP 30 mins plus cooling COOK 20 mins

EASY 🗱

25g/1oz butter 140g/5oz self-raising flour 25g/1oz cocoa powder, sifted

11/2 tsp baking powder 50g/2oz light muscovado sugar 75g/21/2oz golden caster sugar 25g/1oz ground almonds 175g/6oz natural yogurt 1/4 tsp vanilla extract 2 large eggs, beaten 2 tbsp rapeseed oil FOR THE ICING 25g/1oz dark chocolate (preferably 70% cocoa solids), finely chopped 50g/2oz icing sugar 1 tbsp cocoa powder, sifted 25g/loz butter, room temperature 1 tsp semi-skimmed milk 100g/4oz light cream cheese, straight from the fridge 100g/4oz quark cheese 10 sugared almonds (optional)

1 Heat oven to 180C/160C fan/gas 4. Line the bases of 2 x 18cm round sandwich cake tins with baking parchment. Melt the butter and set aside to cool. Mix the flour in a large bowl

sugars and ground almonds. Stir the yogurt and vanilla into the beaten eggs. Pour this into the dry mixture along with the melted butter and oil. Briefly stir until just mixed, creamy and smooth. Do not overbeat.

- **2** Spoon the mixture evenly between the two tins and level the surfaces. Bake for 20 mins until risen and starting to come away from the sides of the tin. Remove from the tins, peel off the parchment and leave the cakes to cool on a wire rack.
- 3 Meanwhile, make the icing. Melt the chocolate in a bowl set over a pan of gently simmering water. Remove the bowl from the pan and leave the chocolate to cool. Sift the icing sugar and cocoa into a separate bowl. Add the butter and milk, and beat until smooth. Beat in the cream cheese and quark, then stir in the cooled, melted chocolate.
- 4 When the cakes are cold, use half the icing to sandwich both cakes together. Spread the rest of the icing on top in fluffy folds, then decorate with sugared almonds, if you like.

PER SLICE energy 269 kcals • fat 12.0g • saturates 5.0g • carbs 31.3g • sugars 20.4g • fibre 1.4g • protein 8.1g • salt 0.6g

What's the difference?					
Per serving	Classic chocolate cake	Lighter version			
kcals	524	269			
fat	29.5g	12.0g			
saturates	18.0g	5.0g			
fibre	1.2g	1.4g			
sugars	47.7g	20.4g			



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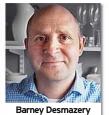
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Main photograph STUART OVENDEN | Boiled egg photographs MIRIAMINIC









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### DO IT BETTER

### A perfectly boiled egg

Right every Get the result you want by following these timings. We used large hen's eggs dropped into boiling water. When done, scoop them out and into cold water (if you're not eating straight away) to prevent them cooking any further.



### mins

Set white, runny yolk, just right for a dippy egg. Serve them with toast soldiers or asparagus spears.



Liquid yolk, just a little less oozy. Use to top a bowl of steaming ramen (see our recipe on page 84).



Almost set, but still deliciously sticky, perfect for tuna Niçoise - see bbcgoodfood.com for recipes.



### mins

Softly set - this is what you want to make Scotch eggs. They'll be easy to peel, and won't overcook when breadcrumbed and fried.



The classic hard-boiled egg - mashable, but not dry and chalky. Use to make creamy egg mayonnaise.





### Make your own Easter egg

**Jane Hornby** shares the know-how you need to create beautiful and unique homemade Easter eggs – plus a key technique every budding chocolatier should master Photographs DAVID MUNNS

### Striped chocolate Easter egg

This is a really satisfying 'I made that' project. Getting familiar with tempering – or the art of creating chocolate with the perfect shine and snap – will take your chocolate work to another level. It will also give Florentines, macaroons and chocchip cookies a professional finish.

MAKES 1 x 14cm, 2 x 10cm or 4 x 8cm eggs
PREP 45 mins plus cooling and chilling COOK 10 mins
AUTTLE EFFORT

200g/7oz good-quality milk chocolate, about 36% cocoa solids TO DECORATE

200g/7oz good-quality white chocolate pink food colouring gel (optional) 100g/4oz plain chocolate, 70% cocoa solids (optional)

**PER 8cm EGG** energy 674 kcals • fat 42g • saturates 24g • carbs 64g • sugars 60g • fibre 2g • protein 10g • salt 0.2g

### Equipment you'll need

- Plastic Easter egg mould (made of two halves), either smooth or crackled. The large mould used in these photos is about 14cm, medium is 10cm and smaller ones 8cm. Available from specialist cake shops, including Lakeland, costing from £2.
- Wide artist's brush or clean pastry brush.
- Kitchen thermometer that can read low temperatures.
- Cotton or plastic gloves (from chemists).
- A box, plus shredded paper or tissue to protect the egg. You could cover an old shoebox with pastel paper.

### For super-shiny chocolate

Tempering is the process of heating then cooling chocolate to form a specific type of crystals in the cocoa butter. If we simply melt and cool shop-bought chocolate, it will quickly 'bloom', with dots and streaks of cocoa butter. It melts quickly when touched too. Tempered chocolate will quickly set hard and shiny, won't bloom, and shrinks as it cools, making it easy to remove from a mould. Here's a simple method:

- Break up <sup>3</sup>/<sub>4</sub> of the chocolate into a heatproof bowl. Melt until it is flowing and smooth. White chocolate should reach 43C, milk and dark 45C.
- Add the remaining chocolate, chopped into small pieces.
- Stir with a spatula until the pieces have melted and the thermometer shows 28C for milk and white, 30C for dark. This can take a while, so have patience and keep stirring. Use as soon as possible. If the chocolate starts to get too cold and thick as you use it, heat for just a few seconds and stir well.



Wash each half of your Easter egg mould with hot soapy water and a soft sponge, then dry carefully. Using a ball of cotton wool, buff the inside of the mould. The better the shine on the mould, the better the finish on the chocolate.



Melt then temper the white chocolate for the brush strokes (see below left).



Colour half the melted white chocolate with a little of the gel if you want, then brush graphic stripes of chocolate onto the moulds. Let each colour set before you add the next (setting is really speedy if you've achieved good temper). Go over some stripes twice, to make the colours pop out. Repeat the melting and tempering process with the dark chocolate, if you like.



Line a baking sheet with parchment.

Melt and temper the milk chocolate.

Half-fill one mould with the chocolate,
then tip it this way and that to completely
cover the mould.



Pour the excess back into the chocolate bowl, and scrape a palette knife across the mould to clean it up. Repeat with the other half of the egg. Set the moulds, flatside down, on the lined sheet. Transfer to the fridge and leave to set for about 10 mins.



When the chocolate is solid, flex the moulds to gently release. Take your time - you will see the air slowly creep its way between the plastic and the shiny, hard chocolate. Heat oven to 180C/160C fan/gas 4.



Heat a baking sheet in the oven until warm. Put the gloves on (prevents fingerprints) and pick up one side of the egg. Any messy edges can be melted flat by holding them against the tray. Next, carefully rub the flat edge of the egg on the tray to melt it a little.



Repeat with the second side. If you're struggling to pick up the egg from the tray, use your palette knife to help.



Hold the melted edges of the egg together for a few moments until they stick. Wipe away any excess, then leave the egg to set in the fridge for a few mins. The egg is now ready to give or wrap up for Easter. Store in a cool place away from fluctuating temperatures.

Food styling JANE HORNBY | Styling VICTORIA ALLEN



# Storecuploard heroes Noodles Wilher Overwhelming. Jennifer Joyce, food writer and Asian cookery expert, explains how each type should be used



### **Udon noodles**

A favourite in Japanese cuisine, these thick, chewy noodles have a springy bite and are eaten in stir-fries (yaki udon), soups or served cold with a dressing. You need to cook them in a large pan as they are very starchy and can easily stick together. The thickness of the noodles varies, so cook following pack instructions, then rinse well in hot water. Most supermarkets sell the dried variety and also a ready-to-use or 'straight-to-wok' type, which is great for stir-fries. The dried noodles have a better flavour, but - for the best quality - visit an Asian food store and try frozen udon noodles. They have an amazing toothsome texture and can be boiled straight from frozen.

### Soba noodles

Made from both ground buckwheat flour and wheat flour, these pale brown Japanese noodles have a nutty taste and chewy texture. Mainly sold dried, cook by boiling for 4 minutes, then rinse in hot water to remove the extra starch. Traditionally, they are served cold for dipping in sauces or mixed with a soy, sesame or miso dressing. Many clear broth soups also feature them. Find them in supermarkets, health food shops or Asian stores. Look out for cha soba, made with matcha green tea powder.

### Somen noodles

These thin white Japanese noodles, made from wheat, are usually sold dried in elegant bundles. They need to be boiled for about 4 minutes, then rinsed in warm water to remove the extra starch. Typically they are served in a soup or in a cold salad with sesame dressing. Selected health food shops sell them, or try Asian and Japanese stores.

### Vermicelli rice noodles

These are the thinnest variety of rice noodle and are sold dried in most supermarkets or Asian food shops. They take just 1-2 minutes to soften in kettle-hot water and can be used immediately after draining. They are ideal for South-east Asian salads or soups because they are porous, so they soak up the flavours. Also very sturdy for stir-fries such as Singapore noodles.

### Vietnamese bun rice noodles

Confusingly, these are also called vermicelli, but are slightly thicker and more cylindrical. 'Bun', meaning noodle in Vietnamese, is most commonly seen in bun tha - a dish of grilled pork served over noodles with a lime & chilli dressing. They are also used in soups and salads. To cook, soak in just boiled water for 4-5 minutes, then drain. You will need to make a trip to an Asian store to get these. If you can't find them, simply use regular vermicelli rice noodles.

### Where to buy your noodles

Larger supermarkets often stock a wide variety of noodles, as do Asian food stores. Or shop online for the more unusual types:

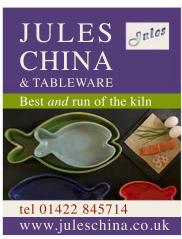
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Inspired to try some? Turn to page 82 for a selection of Jennifer's delicious noodle recipes













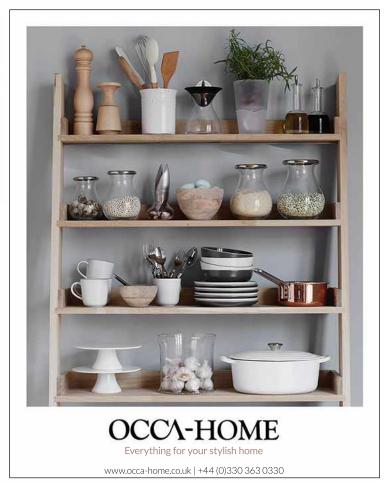






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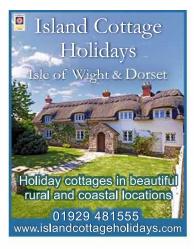






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# From your kitchen

We love to hear from you and see your photos. Please get in touch at the addresses, below right



### Rising to the occasion

I am a final-year dental student and, during the most recent series of Great British Bake Off, seven friends and I took turns to bake something inspired by each week's episode. From Chicken & chorizo pie to White chocolate profiteroles and a magnificent Baked Alaska, it was a great way for us to catch up after a long week working on placement.

For the final, we put up bunting and drank fizz at our own afternoon tea party. We've even created our own Bake Off

calendar for 2015, which hangs proudly in the kitchen. I love reading about the Bake Off in Good Food - it keeps me going until the next series.

### Nina Haveron, Glasgow

Nina wins 12 bottles of Zalze Sangiovese 2013 (£7.49. The Co-op). from family-owned South African winery Kleine. This wine is full of morello cherry and raspberry flavours. Visit kleinezalze.co.za.





I am fortunate to be married to a man who loves cooking, so my cooking days have been rare. However, with a new baby on the way and maternity leave ahead of me. I decided to ask for a Good Food subscription. Lois (above) was born just before Christmas, so your magazine arrived just in time. I've rediscovered my interest in cooking, and your quick recipes mean I can cook tea between feeding the baby and playing with an enthusiastic toddler. Victoria Smith, Devizes

As a teacher and mum of two, sometimes it's not the easiest thing to come up with a quick and healthy dinner. But now my kids are eight and 10, they are helping me to make dinner. My younger son, Coun, and I had a very relaxing time making meatballs & spaghetti (Oct 2013). We do not use sharp knives because of his sight (he has albinism and very limited vision), but that doesn't stop him from cooking an excellent meal. Hellen Piils. The Netherlands



# GET THE BEST FROM **OUR RECIPES**

Every month, we provide all the information you'll need to help you choose which Good Food recipes to cook



All the recipes in Good Food magazine are tested thoroughly before publication, so they'll work first time for you at home. Most are developed in

our Test Kitchen by our cookery team, with additional recipes from food writers, TV chefs or cookery books.

However, no matter who writes the original recipe, each one is tested rigorously before being included in the magazine. Your time and money are precious, so we want to guarantee you a great result every time.

### **Developing and testing Good Food recipes**

- We aim to make recipes practical, keeping ingredients lists to a minimum and avoiding lengthy preparation.
- We help you to avoid waste by using full packs, cans and jars where possible. When it's not possible, we try to include suggestions for leftovers.
- We cost many of our Everyday dishes to help you budget efficiently.
- We generally use easily available ingredients, and seasonal fruit and vegetables.
- Where possible, we create and test recipes using humanely reared meats, free-range chickens and eggs, and sustainably sourced fish.
- We use unrefined sugars, such as golden caster sugar, which contain natural molasses, unless we want icing to look white.
- Where egg size is important, you'll find it stated in the recipe.
- We recommend using standard level measuring spoons, and that you never mix metric and imperial measures.

Please note that recipes created for Advertisement features are checked by our cookery team but not tested in the Good Food Test Kitchen.

### Helping you to eat well

All our recipes are analysed by a nutritional therapist on a perserving basis. Each recipe analysis includes listed ingredients only, excluding optional extras such as seasoning and serving suggestions.

Simple changes can make a recipe healthier - such as removing chicken skin after cooking, or using a low-salt stock. If you serve the portion size suggested, you can work out how each recipe fits into your day-to-day diet by comparing the figures with the Reference Intake (RI). This has replaced Guideline Daily Amounts (GDAs) on food labels and packaging.

Unlike the GDAs, where figures existed for men, women and children, there is now only one set of RI figures - these are effectively the GDA figures for an average adult female.

### Reference Intake (RI)

The RIs are a guide to the amount of energy (kilocalories), fat, saturated fat, carbohydrate, sugar, protein and salt that an adult should consume each day: Energy 2,000 kcals, Protein 50a. Carbohydrates 260a. Sugar 90g, Fat 70g, Saturates 20g,

**Salt** 6g. The RIs for fat, saturated fat, sugar and salt are maximum daily amounts.

### What our recipe symbols mean

**EASY** Simple recipes that everyone can make, even beginners.

A LITTLE EFFORT Requiring a little more skill - such as making pastry.

MORE OF A CHALLENGE Recipes aimed at more experienced cooks, who cook for pleasure and like a challenge.

V Suitable for vegetarians But always check labels on ingredients such as cheese, pesto and curry sauces, to ensure they are suitable.

Not suitable for freezing **Suitable for freezing** Unless otherwise stated, freeze for up to three months. Defrost thoroughly

and heat until piping hot.



This was possibly one of my more dramatic baking sessions. I was in the final stages of constructing Nancy Birtwhistle's cake (Jan) on the morning of my daughter Harriet's birthday party, when to my horror I noticed that the diamond from my engagement ring was missing. We retraced my steps looking for the missing stone. After an hour of frantic searching, we were about to push the cake through a sieve, when my superhero husband found the diamond in the shoe cupboard. So Harriet got to share the cake with her friends and it was a huge hit. Gwyneth Hodgkinson, Northamptonshire



Last Christmas, I told myself that I'd aim to make all the recipes on the Good Food 2014 calendar. I am happy to say I cooked everything, and that your 2015 calendar is now up on the wall. It encouraged me to try recipes I usually wouldn't make, such as the Lamb & mango curry. My favourite had to be the Butternut Dauphinoise (above). Kerry Whyte, Aberdeen

Have you been cooking our calendar recipes? We'd love to hear your stories. You can contact us at the addresses below.



I like to bake, although I rarely have the time, but I wanted to make a cake for my son Matty's first birthday. Your Birthday edition's cover recipe was perfect - Matty launched straight into it with his hands, and really enjoyed it.

Liz Reeman, Manchester



### READER RECIPE



Karolina McCallan, 28, a hairdressers' receptionist, lives in Hertfordshire. She and her husband. Ashley, love creating new dishes and cooking for friends and family. One day, Karolina hopes to open her

### Spiced lamb pilaf

SERVES 6 PREP 10 mins COOK 40 mins



2 tbsp vegetable oil 1 large onion, finely chopped 3 garlic cloves, finely chopped 4 cloves 8 cardamom pods, crushed 2 tsp turmeric 1 large cinnamon stick 2 lamb stock cubes 450a/1lb basmati rice 500g/1lb 2oz lamb leftovers, shredded 100g/4oz raisins 5 spring onions, finely sliced 3 tomatoes, deseeded and roughly chopped small bunch each parsley and coriander, roughly chopped, plus a few leaves picked, to serve 50g/2oz flaked almonds, toasted 200ml/7fl oz natural yogurt, to serve

### Understanding our healthy symbols

12g or less per serving. Low in saturated fat, with 5g or less per serving; low in salt, with 1.5g or less; and low in sugar, with 15a or less.

Low in saturated fat, with 5g or less per serving; low in salt, with 1.5g or less; and high in omega-3. 500 calories or less per main course; 150 calories or less for a dessert

The number of portions of fruit and/or veg contained in a serving.

CALCIUM FOLATE FIBRE VIT C IRON OMEGA-3 Indicating recipes that are good sources of vitamins or nutrients. GLUTEN This indicates a recipe that is free from gluten, but excludes any serving suggestions. Also look out for our Make it Gluten-Free tips, where we suggest how you can cook the dish without using aluten. For more information on glutenfree cooking, visit coeliac.org.uk.

- We regret that we are unable to answer medical/nutritional queries.
- For thousands more of our tested recipes, visit bbcgoodfood.com



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### **Test Kitchen** verdict

own restaurant.

An easy one-pot. packed with flavour, and a great recipe for using up leftovers. You could swap any other meat left over from Sunday lunch, or add more veg to make a vegetarian pilaf.



### How to contact us

Email us at enquiries@bbcgood foodmagazine.com Write to BBC Good Food, Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W67BT.

1 Put the oil in a large pan over a medium heat. Add the onion to the pan and cook until soft and translucent, about 15 mins. Add the garlic and spices, and stir in for 2 mins.

2 Crumble the stock cubes into 1.2 litres of just-boiled water. Add the rice and shredded lamb to the pan. Stir well to coat the grains in the oil and spices, then pour over the stock. Bring to the boil, then cover with a lid and lower the heat. Cook for 12 mins or until the rice is tender and the stock absorbed. **3** Once the rice is ready, remove from the

heat and add the raisins, spring onions, tomatoes and herbs, mixing well. Season to taste and serve topped with more herbs, almonds and a drizzle of natural yogurt.

PER SERVING energy 992 kcals • fat 39g • saturates 13g • carbs 110g • sugars 23g • fibre 4g • protein 48g • salt 1.8g

### SHARE YOUR RECIPES

Send an original recipe to the address, left, and you could win a prize. Karolina wins a Smeg '50s-style, retro-inspired TSF01 two-slice toaster, worth £99.99, in pastel pink. Visit smeg50style.com

to see the whole range in a selection of bright and pastel hues.



When Henry was about 12, we all went to India after Christmas. We knew a woman who ran a hotel and she put us up for free. Henry realised 'free' meant free food too, and ordered huge amounts of room service.

I was really bad at letting my children cook because when they were young I was always doing cookery books. It's very laborious, in the kitchen by yourself, writing down every single ingredient. The children came home from school and I'd say 'GO AWAY!'. But we had very foodinstructive meals. There was lots of talk about the food and if there wasn't, I made them talk about it. I still can't bear cooking when people just eat it up and don't say a word. I think family meals are terribly important - to sit down at a table and have proper conversation. It's not all about the food, but the food spurs it on.

Henry was definitely influenced by me because he'd had those early experiences. He also has that incredible Dimbleby energy, which he puts to very good use. Whenever he does any TV or The Kitchen Cabinet (the BBC Radio 4 culinary panel show), I think he's very natural and funny.

Henry leads an incredibly busy life. He's never been one for writing letters like my daughters. To this day, if I want him to reply to an email or a telephone call, I make it about food - then I can ask him whatever else I want to ask him.

I was very flattered when Henry decided to make his career in food because I felt it was something to do with me. I also think he's a wonderful broadcaster. I am very proud of him. Josceline's book, Orchards in the Oasis: Recipes, Travels & Memories (£25, Quadrille), won a Guild of Food Writers Award in 2011.







No matter how busy they are, Josceline and her son Henry always find time to discuss food



Clockwise, from above left: Henry and Josceline; Henry (centre) on a family holiday to Spain in 1977; and with his father, David

'Mum has a real passion for flavour and sensation. She's passed that on, as well as always being very experimental'

Henry Dimbleby, 44, is co-founder of the healthy fast-food chain Leon and has co-written several cookbooks. With the School Food Plan, he campaigns to support head teachers in providing better food for pupils. He and his wife live in London with their three young children.

When I was a kid, we used to decamp to Devon for the whole of the summer holidays and have these very noisy suppers and picnics on the beach. Mum has a real passion for flavour and sensation. She's passed that on, as well as always being very experimental. She broke the mould in so many ways.

Mum was brought up in Syria and Peru, and she always was quite adventurous with the food we had at home. She never let us in the kitchen though, she always shooed us out. She was always working and writing things down. But she trained our palates. You can learn the mechanics of cooking, but to learn about flavour so early on is a massive advantage. Leon is all about big, bold flavours -Mum was brilliantly diligent in the beginning, she would endlessly go into Leon and give me detailed thoughts about what worked and what didn't.

I've never felt any pressure to compete with Mum. I can have Michelin-starred chefs round for dinner and I won't feel pressured at all, I just enjoy it. The value is in whether or not you enjoy entertaining people. It's about being round the table, about talking and sharing life.

I cook with my children all the time. Last night we made parsnip fries. With a little help from me, my two-year-old daughter, Dory, used a knife to peel and slice them. She ended up pouring a whole packet of polenta on the floor. They all love to cook. There's something about that kind of communal spirit. When I'm with my boys, I have much the better conversations with them when we're standing side by side, chatting over peeling something.

To read about the School Food Plan, visit schoolfoodplan.com.

# Don't miss next month's goodfood on sale 27 March





by Jen P. | apple.com/uk/worldgallery





